EatingWell

One-Pan

Recipes to Simplify Dinner

20-MINUTE MEALS / SIZZLIN' SKILLET & SHEET-PAN SUPPERS / VIBRANT WAYS TO EAT MORE VEGGIES

Spiced Pomegranate Molasses Chicken Thighs

Chicken with Basil Butter & Shishito Peppers

Vegetable Bourguignon

SPECIAL COLLECTION

2022

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One-Pan

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INTRODUCTION

YOUR ONE-PAN PLAN

Every recipe in this issue uses only one pan, so you can spend less time cleaning and more time enjoying your meal.

If you're like most people, you want to eat healthier but also need convenience. Many folks struggle to find ways to fit healthy eating into their busy lives. Enter *EatingWell*. For more than 30 years, we've been helping people nourish their bodies without sacrificing time—or taste. This issue highlights some of our best no-fuss, easy recipes that put health and flavor at the forefront. First up, learn which pans you can rely on, and how to care for them.

WORKHORSES

You don't need a massive collection of pots and pans worthy of a five-star chef, especially if you're short on space. If you only have room for a few pans in your kitchen, here are the heavy hitters to prioritize.

9-by-13-Inch Baking Dish

Sometimes referred to as a 3-quart casserole dish, this versatile pan is available in glass, metal, ceramic and enameled cast iron. If you're unsure of a pan's capacity, fill it with water to see if it holds 3 quarts. Check the manufacturer's directions for how to clean your pan and to see if it has any restrictions (for example, glass baking dishes should not be used under the broiler).

Sheet Pan

Use this large rimmed baking sheet, often made of aluminum, for both baking and roasting. In contrast to a rimless baking sheet, these have raised sides that help contain cooking juices, sauces and marinades. A common sheet pan size is 13 by 18 inches, which is also called a half-sheet pan.

Dutch Oven

This heavy-duty, cast-iron pot goes from stovetop to oven, allowing you to sear, sauté, bake and roast all in the same vessel (look for "oven-safe" on the packaging; many have a maximum oven temperature they can withstand). You can find both enameled and bare cast-iron Dutch ovens. Enameled versions are easy to clean and nonreactive, but can be pricy. Bare cast-iron versions are less expensive, but they can react with acidic ingredients so avoid them when cooking tomatoes, lemons or vinegar. Dutch ovens come in a variety of sizes, but the most popular are in the 5- to 6-quart range.

Skillet

A heavy-duty skillet easily handles sautéing, stir-frying, pan-searing and more. If you can, opt for an ovenproof skillet. Skillets come in a wide range of materials, including cast iron, tri-ply stainless steel (stainless steel with an aluminum or copper core) and nonstick aluminum (aluminum coated with a nonstick finish). Oven-going cast iron is an inexpensive and durable option, but it isn't ideal for acidic foods. An oven-going stainless-steel or nonstick skillet costs a bit more, but is just as versatile. Skillets come in all sizes, but the most common sizes are medium (8-inch diameter), large (10-inch) and extra-large (12-inch).

Saucepan

A saucepan is a pot with tall, straight sides, a tight-fitting lid and a long handle. It's your go-to for boiling eggs, cooking grains and pasta, blanching vegetables, poaching meat and fish, and simmering soups and sauces. You can find saucepans in 1-quart, 2-quart, 3-quart and 4-quart sizes (as well as some in-between sizes); many people find that medium (2-quart) and large (4-quart) saucepans are the most versatile.

SPECIALTY

You may want these if you do a lot of a certain type of cooking. But if you don't have the space for them, there are simple alternatives.

Grill Pan

These pans have ridges that hold meats and vegetables above the drippings and sear them with grill marks. They provide a useful alternative to grilling outside, and they're ideal for making sandwiches and quesadillas. Suitable substitutes are skillets made of stainless steel or cast iron.

Wok

This speciality pan has high, sloping sides making it ideal for stir-frying. Woks are available in stainless steel and carbon steel, both of which are excellent for very high heat. Carbon-steel pans require seasoning and careful cleaning, but can take on a nonstick quality over time. A large stainless-steel skillet is a fine substitute. (Avoid using nonstick skillets for stir-frying because most are not designed for the highest heat.)

Roasting Pan

These large pans, often fitted with a rack, work great for cooking large cuts of meat. If you don't have room to store a roasting pan, chances are you can borrow one from a friend or neighbor who keeps one on hand for the holiday turkey. You can also roast smaller cuts of meat in a Dutch oven or 9-by-13-inch baking pan. Improvise a rack by lining the pot with thick slices of onion.

APPLIANCES

Having one or more of these appliances in your kitchen can help streamline meal prep, cooking and cleanup.

Pressure Cooker

Both stovetop and electric pressure cookers help get dinner on the table fast. Pressure cookers cook food fast by trapping steam and moisture, which increases the pressure inside the pot and raises the temperature of the food. Modern multicookers are safe and easy to use and clean.

Slow Cooker

The tried-and-true electric slow cooker maintains a low heat over a prolonged period, producing tender meats and creamy one-pot dishes. Slow-cooker recipes often require little prep and minimal hands-on time, making them a great option for busy days—as long as you plan ahead.

Material Matters

What your pot is made of can have a big impact on how it cooks.

1. NONSTICK: Nonstick pots and pans have a coating infused or bonded to the surface that prevents food from sticking and requires minimal cleanup. Look for nonstick pans made without PFAS (perfluoroalkyl and polyfluoroalkyl substances), which newer research shows may negatively impact our health and the environment. Use nonmetal utensils, such as wooden and silicone, to avoid scratching the coating.

2. COPPER: These pretty pans cook evenly thanks to copper's excellent heat conductivity. Many copper pots are lined with stainless steel to prevent food interactions, but they can also be lined with tin or nickel to strengthen the copper.

3. ENAMELED CAST IRON: Enameled cast iron has a hard, shiny layer of porcelain that protects the pot from rust and prevents it from reacting with foods. It is safe to use on the stovetop and is generally oven-safe up to 500°F.

4. STAINLESS STEEL: These nonreactive pots don't scratch or dent easily, and they're easy to clean. However, stainless steel has relatively poor heat conductivity. For more even heating, choose one with a core of aluminum or copper, called tri-ply.

5. CAST IRON: These heavy, sturdy pots and pans are excellent at retaining heat. Cast iron requires seasoning before use, but many new pots come already seasoned. Avoid using soap to clean this pan; just a rinse and a wipe-down are all it needs. Your cast-iron pans may occasionally need re-seasoning. Simply add 1 to 2 tablespoons of a high smoke-point oil and use paper towels to rub the oil evenly inside the pan until it's glistening. Bake in a 350°F oven for 30 to 60 minutes.

BETTER BREAKFAST

These recipes make the day's most important meal a cinch to prepare—and to clean up after. Whether you're craving sweet or savory, there's a recipe for you.

One-Bowl Whole-Wheat Mini Muffins

ACTIVE: 20 min **TOTAL**: 40 min
TO MAKE AHEAD: Store in an airtight container at room temperature for up to 1 day or freeze for up to 3 months.
EQUIPMENT: 24-cup mini muffin tin

This recipe works with almost any flavor mix-in, including fruits and veggies or chocolate chips and nuts. Make a batch to have on hand for ready-to-eat snacks or on-the-go breakfasts.

- **1 cup white whole-wheat flour *or* all-purpose flour**
- **⅓ cup granulated sugar**
- **½ teaspoon ground cinnamon**
- **½ teaspoon baking powder**
- **⅛ teaspoon baking soda**
- **⅛ teaspoon salt**
- **¾ cup unsweetened applesauce *or* low-fat plain yogurt**
- **1 large egg**
- **2 tablespoons canola oil**
- **½ teaspoon lemon zest**
- **½ teaspoon vanilla extract**
- **¾ cup mix-ins *(see below)***

1. Preheat oven to 350°F. Coat a 24-cup mini muffin tin with cooking spray.
2. Whisk flour, sugar, cinnamon, baking powder, baking soda and salt in a large bowl. Make a well in the center and add applesauce (or yogurt), egg, oil, lemon zest and vanilla. Whisk the wet ingredients, then stir into the dry ingredients. Stir in mix-ins. Divide the batter among the muffin cups.
3. Bake the muffins until a toothpick inserted in the center comes out clean, 12 to 15 minutes. Cool in the pan on a wire rack for 5 minutes, then turn out to cool completely.

MIX-INS TO TRY

- Shredded zucchini or carrots
- Chopped fresh fruit
- Seeds or chopped nuts
- Mini chocolate chips
- Dried fruit (chopped if large)
- Unsweetened shredded coconut

MAKES: 24 MINI MUFFINS (ANALYSIS PER MUFFIN WITH ZUCCHINI)
CAL 45 **FAT** 1G (SAT 0G) **CHOL** 8MG **CARBS** 8G **TOTAL SUGARS** 4G (ADDED 3G) **PROTEIN** 1G **FIBER** 1G **SODIUM** 32MG **POTASSIUM** 26MG.

Pumpkin-Pie English Muffin Bake

ACTIVE: 25 min **TOTAL**: 2 hrs 10 min
TO MAKE AHEAD: Prepare through Step 4 and refrigerate for up to 12 hours.

- 6 whole-wheat English muffins, cut into 1-inch pieces
- 2 apples, such as Honeycrisp *or* Pink Lady, peeled and chopped
- ¾ cup raisins, divided
- 1 teaspoon ground cinnamon
- 4 large eggs, lightly beaten
- 3 cups oat milk *or* low-fat milk
- 1 15-ounce can unseasoned pumpkin puree
- ¾ cup packed light brown sugar
- 1 teaspoon salt
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves

1. Preheat oven to 350°F. Coat a 3-quart baking dish with cooking spray.
2. Spread muffin pieces on a large rimmed baking sheet. Bake until lightly toasted, about 10 minutes.
3. Combine apples, ½ cup raisins and cinnamon in a large bowl. Add the muffin pieces and toss to combine. Transfer to the prepared baking dish, spreading into a single layer and redistributing any raisins that fall to the bottom.
4. Whisk eggs, milk, pumpkin, brown sugar, salt, ginger and cloves in a medium bowl until smooth. Pour over the bread mixture and press down so everything is submerged. Sprinkle the remaining ¼ cup raisins over the top. Cover with plastic wrap, pressing it down so it's directly on the surface. Refrigerate at least 1 hour or up to 12 hours.
5. Uncover the casserole and bake at 350° until browned and crispy around the edges, but still creamy in the middle, 50 to 60 minutes. Let cool slightly before serving.

SERVES 12: ABOUT 1 CUP EACH
CAL 219 **FAT** 2G (SAT 1G) **CHOL** 62MG **CARBS** 44G **TOTAL SUGARS** 27G (ADDED 14G) **PROTEIN** 6G **FIBER** 5G **SODIUM** 370MG **POTASSIUM** 334MG.

Egg-in-a-Hole Fried Quinoa

ACTIVE: 25 min **TOTAL**: 25 min

We used quinoa to bump up the fiber and protein in this dish. Rather than making an omelet or stirring in the eggs as you would for fried rice, we cook them in divots right in the veggie-filled quinoa. Opt for a flat skillet over a wok so you have plenty of room to nestle in the eggs.

- **3 tablespoons peanut oil *or* canola oil, divided**
- **3 scallions, thinly sliced, plus more for garnish**
- **1 tablespoon minced fresh garlic**
- **1 tablespoon minced fresh ginger**
- **2 cups green beans, trimmed and cut into ½-inch pieces**
- **1 small yellow squash, diced**
- **1 small zucchini, diced**
- **2 cups cold cooked quinoa *(see Tip)***
- **3 tablespoons oyster sauce, preferably vegetarian**
- **4 large eggs**
- **1 tablespoon toasted sesame oil**

1. Heat 2 tablespoons peanut (or canola) oil in a large cast-iron or nonstick skillet over medium-high heat. Add scallions, garlic and ginger. Cook, stirring, 20 seconds. Add green beans, squash and zucchini. Cook, stirring, until the vegetables are tender, about 2 minutes. Add quinoa, the remaining 1 tablespoon peanut (or canola) oil and oyster sauce. Cook, stirring, until the quinoa is hot, 2 to 3 minutes.

2. Make 4 indentations in the quinoa mixture and crack an egg into each one. Cover the pan and cook until the egg whites are just barely set, about 3 minutes. Serve drizzled with sesame oil. Sprinkle with more scallions, if desired.

SERVES 4: 2 CUPS FRIED QUINOA & 1 EGG EACH
CAL 342 **FAT** 20G (SAT 4G) **CHOL** 186MG **CARBS** 29G **TOTAL SUGARS** 4G (ADDED 0G) **PROTEIN** 13G **FIBER** 5G **SODIUM** 455MG **POTASSIUM** 541MG.

TIP

A whole-grain-like seed native to South America, **quinoa** cooks up light and fluffy in about 15 minutes. Keeping shelf-stable packages of the precooked fiber- and protein-packed side on hand is an easy way to speed meal prep. Find it in the grains section of well-stocked grocery stores.

Leek & Goat Cheese Spanish Tortilla

ACTIVE: 35 min **TOTAL**: 55 min

This Spanish omelet is traditionally made by braising potatoes in lots of oil. We cut the calories and speed up things by using only a few tablespoons. A sprinkle of crumbled goat cheese on top adds delightful tanginess.

- **4 tablespoons extra-virgin olive oil, divided**
- **2 medium yellow potatoes, halved and thinly sliced**
- **1 medium leek, white and pale green parts only, thinly sliced and rinsed well**
- **1 clove garlic, grated**
- **1 tablespoon chopped fresh sage**
- **1 teaspoon chopped fresh thyme, plus sprigs for garnish**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **8 large eggs**
- **½ cup crumbled goat cheese**

1. Heat 3 tablespoons oil in a medium nonstick skillet over medium-low heat. Add potatoes and leek; cook, stirring occasionally, 10 minutes. Cover and cook until the potatoes are tender, 15 to 18 minutes more. Stir in garlic, sage, thyme and ¼ teaspoon each salt and pepper; cook, stirring, 1 minute.

2. Whisk eggs with the remaining ¼ teaspoon each salt and pepper. Add to the pan and gently stir to combine. Gently shake the pan to create an even layer. Cook until the eggs are lightly browned on the bottom and the top is just starting to set, 5 to 7 minutes.

3. To flip, run a spatula around the edges to release the tortilla. Invert a plate on top and, carefully holding it with one hand and the pan handle with the other hand, flip the tortilla onto the plate.

4. Add the remaining 1 tablespoon oil to the pan and slide the tortilla back in. Place over medium-low heat and cook until the bottom is lightly browned, about 5 minutes. Slide the tortilla onto a clean plate. Let stand 10 minutes. Serve sprinkled with goat cheese. Garnish with thyme sprigs, if desired.

SERVES 4: ¼ TORTILLA EACH
CAL 429 **FAT** 27G (SAT 7G) **CHOL** 379MG **CARBS** 31G **TOTAL SUGARS** 3G (ADDED 0G) **PROTEIN** 18G **FIBER** 3G **SODIUM** 549MG **POTASSIUM** 192MG.

Breakfast Salad with Smoked Salmon & Poached Eggs

ACTIVE: 25 min **TOTAL**: 25 min

Salads aren't only for lunch and dinner. Help meet your daily quota of vegetables easily with this mixed green salad made for morning meals. Poached eggs bring it all together and provide plenty of protein.

- ¼ cup lemon juice
- ¼ cup extra-virgin olive oil
- 2 tablespoons cider vinegar
- 1 teaspoon Dijon mustard
- ⅛ teaspoon ground pepper, plus more for garnish
- 8 cups water
- 1 tablespoon distilled white vinegar
- 2 large eggs
- 2 heads Little Gem lettuce, torn, *or* 4 cups mixed salad greens
- 1 head Treviso *or* radicchio, torn (4 cups)
- 1 small fennel bulb, cored and thinly sliced
- 2 radishes, thinly sliced
- 1 cup chopped fresh dill
- 1 cup fresh parsley leaves
- 2 ounces thinly sliced smoked salmon
- Ground cumin for garnish

1. Whisk lemon juice, oil, cider vinegar, mustard and pepper in a large bowl.
2. Combine water and white vinegar in a large saucepan and bring to a boil. Reduce heat to a bare simmer. Gently stir in a circle so the water is swirling around the pot. Crack eggs, one at a time, into the water. Cook until the whites are set but the yolks are still runny, 3 to 4 minutes. Using a slotted spoon, transfer the eggs to a clean kitchen towel to drain for a minute.
3. Add lettuce (or salad greens), Treviso (or radicchio), fennel, radishes, dill and parsley to the dressing; toss to coat. Serve the salad topped with salmon and the eggs. Sprinkle with cumin and more pepper, if desired.

SERVES 2: 3 CUPS SALAD, 1 OZ. SALMON & 1 EGG EACH
CAL 439 **FAT** 35G (SAT 6G) **CHOL** 193MG **CARBS** 18G **TOTAL SUGARS** 6G (ADDED 0G) **PROTEIN** 15G **FIBER** 6G **SODIUM** 475MG **POTASSIUM** 929MG.

Big-Batch Eggs

Our trick for making a big batch of eggs? Get out your trusty sheet pan. Using this simple formula, you can easily cook eggs for the whole family, plus some to save for future meals. Refrigerate or freeze these frittata-like slices and enjoy as is or turn them into breakfast sandwiches.

The Formula

Whisk 18 large **eggs** with ¼ cup **reduced-fat milk** and ½ tsp. each **salt** and **pepper**.

Coat a large rimmed sheet pan with cooking spray. Pour the egg mixture into the pan and sprinkle with 1½ cups total sliced *or* chopped **vegetables** *(see below)*, ¾ cup each crumbled *or* shredded **cheese** and cooked **protein**, and 1 Tbsp. **seasonings**.

Bake at 350°F until just set, 20 to 25 minutes. Cut into 9 pieces and enjoy right away, or wrap each piece in plastic wrap or layer between parchment paper in a sealed container.

Refrigerate up to 3 days or freeze up to 3 months. To reheat, remove plastic, wrap in a paper towel and microwave on High 30 to 60 seconds.

MAKES: *9 servings*

Flavor Add-Ins

1½ CUPS SLICED OR CHOPPED VEGETABLES
- Broccoli
- Cauliflower
- Tomatoes
- Roasted red peppers
- Bell peppers
- Dark leafy greens
- Onions
- Mushrooms

¾ CUP CRUMBLED OR SHREDDED CHEESE
- Cheddar
- Provolone
- Gruyère
- Muenster
- Mozzarella
- Feta
- Goat cheese

¾ CUP COOKED PROTEIN
- Sausage
- Ham
- Bacon
- Tofu
- Beans
- Tempeh
- Smoked fish

1 TABLESPOON SEASONINGS
- Pickled jalapeños
- Pesto
- Salsa
- Herbs
- Spices
- Olives
- Sun-dried tomatoes
- Capers

Our Favorite Combos

1. Cauliflower + Onion + Cheddar + Smoky Tempeh + Cilantro
2. Red Onion + Spinach + Goat Cheese + Smoked Salmon + Capers
3. Mushrooms + Broccoli + Gruyère + Ham + Chives
4. Roasted Red Peppers + Kale + Feta + Bacon + Za'atar
5. Cherry Tomatoes + Mozzarella + Chicken Sausage + Pesto

IF YOU CAN FIND FROZEN ARTICHOKE HEARTS, THEY ALSO WORK WELL IN THIS RECIPE. SIMPLY THAW THEM BEFORE USING.

20-MINUTE MEALS

Quick cooking meets quick cleanup with these one-pan dishes. Dinner is on the table in a flash with these fast and flavorful recipes.

Spinach & Artichoke Dip Pasta

ACTIVE: 20 min **TOTAL:** 20 min

If you've ever wanted to make a meal out of warm spinach and artichoke dip, this creamy pasta is for you. And here's what's almost as good as the flavor of this comforting dish: This healthy dinner takes only 20 minutes to prepare.

- **8 ounces whole-wheat farfalle**
- **1 5-ounce package baby spinach, coarsely chopped**
- **1 tablespoon water**
- **4 ounces reduced-fat cream cheese, cut into chunks**
- **¾ cup reduced-fat milk**
- **½ cup grated Parmesan cheese, plus more for garnish**
- **2 teaspoons garlic powder**
- **¼ teaspoon ground pepper**
- **1 14-ounce can artichoke hearts, rinsed, squeezed dry and chopped**

1. Bring a large saucepan of water to a boil. Cook pasta according to package directions. Drain.

2. Combine spinach and the water in a large saucepan over medium heat. Cook, stirring occasionally, until just wilted, about 2 minutes. Transfer to a small bowl. Add cream cheese and milk to the pan; whisk until the cream cheese is melted. Add Parmesan, garlic powder and pepper; cook, whisking, until thickened and bubbling. Drain the spinach well and stir into the sauce, along with artichokes and the pasta. Cook until warmed through. Sprinkle with Parmesan, if desired.

SERVES 4: 1⅓ CUPS EACH
CAL 371 **FAT** 9G (SAT 4G) **CHOL** 26MG **CARBS** 56G **TOTAL SUGARS** 6G (ADDED 0G) **PROTEIN** 17G **FIBER** 8G **SODIUM** 550MG **POTASSIUM** 397MG.

Cauliflower Tikka Masala with Chickpeas

ACTIVE: 20 min **TOTAL:** 20 min

In this vegetarian riff on a popular Indian dish, we swap in cauliflower and chickpeas for the usual chicken. The cauliflower's nooks and crannies mean you get more of the sauce in every bite. Serve over rice or with naan.

- **1 tablespoon coconut oil *or* canola oil**
- **4 cups cauliflower florets**
- **¼ teaspoon salt**
- **¼ cup water**
- **1 15-ounce can chickpeas, rinsed and drained**
- **1½ cups tikka masala sauce**
- **2 tablespoons butter**
- **Fresh cilantro leaves for garnish**

Heat oil in a large skillet over medium-high heat. Add cauliflower and salt; cook, stirring occasionally, until lightly browned, about 2 minutes. Add water; cover and cook until the cauliflower is tender, 3 to 5 minutes. Add chickpeas and sauce; cook, stirring occasionally, until hot, 1 to 2 minutes. Remove from heat; stir in butter. Serve topped with cilantro, if desired.

SERVES 4: 1¼ CUPS EACH
CAL 268 **FAT** 16G (SAT 9G) **CHOL** 16MG **CARBS** 26G **TOTAL SUGARS** 4G (ADDED 0G) **PROTEIN** 8G **FIBER** 7G **SODIUM** 673MG **POTASSIUM** 377MG.

Chicken with Basil Butter & Shishito Peppers

ACTIVE: 20 min **TOTAL:** 20 min

Don't skip the anchovies. Their fishiness adds salty, umami flavor. Even skeptics won't protest.

- **1 pound boneless, skinless chicken thighs, trimmed**
- **½ teaspoon kosher salt, divided**
- **½ teaspoon ground pepper**
- **¼ teaspoon garlic powder**
- **3 teaspoons extra-virgin olive oil, divided**
- **1½ tablespoons butter, softened**
- **1½ tablespoons chopped fresh basil**
- **2 anchovies, minced**
- **6 cups shishito *or* Padrón peppers**
- **Lemon wedges for serving, charred if desired**

1. Make three slits on one side of each chicken thigh; sprinkle with ¼ teaspoon salt, ground pepper and garlic powder.
2. Heat 1 teaspoon oil in a large cast-iron pan over medium-high heat. Add the chicken and cook, turning once, until golden brown and an instant-read thermometer inserted in the thickest part registers 165°F, 3 to 4 minutes per side. Transfer to a serving platter.
3. Meanwhile, combine butter, basil and anchovies in a small bowl.
4. Add the remaining 2 teaspoons oil and peppers to the pan. Cook, stirring and scraping up any browned bits, until starting to blacken in spots, 2 to 3 minutes. Transfer to a bowl and sprinkle with the remaining ¼ teaspoon salt.
5. Top the chicken with the butter mixture and serve with the peppers and, if desired, with lemon wedges.

SERVES 4: 3 OZ. CHICKEN, 1 CUP PEPPERS & 1 TBSP. BASIL-ANCHOVY BUTTER EACH **CAL** 265 **FAT** 17G (SAT 6G) **CHOL** 89MG **CARBS** 5G **TOTAL SUGARS** 3G (ADDED 0G) **PROTEIN** 23G **FIBER** 2G **SODIUM** 381MG **POTASSIUM** 354MG.

Seared Steak with Crispy Herbs & Escarole

ACTIVE: 20 min **TOTAL:** 20 min

Cooking herbs in the pan with the steak releases their aroma and infuses the meat with their flavor while also creating a crispy garnish.

- **1 pound sirloin steak, about ½ inch thick**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **2 tablespoons grapeseed oil *or* canola oil**
- **4 cloves garlic, crushed**
- **5 sprigs fresh thyme**
- **3 leaves fresh sage**
- **1 sprig fresh rosemary**
- **16 cups chopped escarole (about 1 pound)**

1. Sprinkle steak with ¼ teaspoon each salt and pepper. Heat a large cast-iron skillet over medium-high heat. Add the steak and cook until charred on one side, about 3 minutes. Turn the steak over and add oil, garlic, thyme, sage and rosemary. Cook, stirring the herbs occasionally, until an instant-read thermometer inserted in the thickest part of the steak reaches 125°F for medium-rare, 3 to 4 minutes. Transfer the steak to a plate and top with the garlic and herbs. Tent with foil.

2. Add escarole and the remaining ¼ teaspoon each salt and pepper to the pan. Cook, stirring often, until the escarole starts to wilt, about 2 minutes. Thinly slice the steak and serve with the escarole and crispy herb mixture.

SERVES 4: 3 OZ. STEAK, ¾ CUP ESCAROLE & 1½ TSP. HERBS EACH **CAL** 244 **FAT** 12G (SAT 2G) **CHOL** 59MG **CARBS** 10G **TOTAL SUGARS** 1G (ADDED 0G) **PROTEIN** 26G **FIBER** 8G **SODIUM** 394MG **POTASSIUM** 1,111MG.

Lemon-Garlic Chicken with Green Beans

ACTIVE: 20 min **TOTAL:** 20 min

- 1 pound chicken cutlets
- 1 teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons extra-virgin olive oil, divided
- 6 cups green beans (about 1 pound), trimmed
- 4 cloves garlic, thinly sliced
- 1 teaspoon lemon zest
- 1 teaspoon chopped fresh thyme, plus more for garnish
- ¼ cup unsalted chicken broth
- ¼ cup dry white wine
- 1 tablespoon lemon juice
- ¼ cup toasted pine nuts
- Lemon wedges for serving

1. Sprinkle chicken with ½ teaspoon salt and ¼ teaspoon pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Cook the chicken, turning once, until an instant-read thermometer inserted in the thickest part registers 165°F, 3 to 4 minutes per side. Transfer to a plate.

2. Add the remaining 1 tablespoon oil and green beans to the pan. Sprinkle with the remaining ½ teaspoon salt and ¼ teaspoon pepper; cook, stirring occasionally, until tender-crisp, about 2 minutes. Stir in garlic, lemon zest and thyme; cook, stirring, until fragrant, about 1 minute. Add broth, wine and lemon juice and the chicken and any accumulated juices to the pan. Cook, stirring occasionally, until the liquid is reduced by half, about 1 minute more.

3. Top with pine nuts. Garnish with more thyme and, if desired, serve with lemon wedges.

SERVES 4: 3 OZ. CHICKEN & 1 CUP BEANS EACH
CAL 296 **FAT** 16G (SAT 2G) **CHOL** 63MG **CARBS** 11G **TOTAL SUGARS** 4G (ADDED 0G) **PROTEIN** 27G **FIBER** 4G **SODIUM** 652MG **POTASSIUM** 519MG.

PINE NUTS ADD BUTTERY TEXTURE AND A LITTLE CRUNCH TO THIS SIMPLE CHICKEN DISH. GOT EXTRA? TOSS THEM ONTO SOUPS OR SALADS.

Crispy Cod with Snow Peas & Herb Sauce

ACTIVE: 20 min **TOTAL:** 20 min

Patting the fish dry and tossing it with flour before searing ensures crispy results.

- **3 tablespoons minced fresh herbs, such as chives, mint, basil *and/or* dill, plus more for garnish**
- **2 tablespoons buttermilk**
- **2 tablespoons mayonnaise**
- **Pinch of salt plus ½ teaspoon, divided**
- **½ teaspoon ground pepper, divided**
- **1¼ pounds cod, cut into 4 pieces**
- **2 tablespoons white whole-wheat flour**
- **2 tablespoons grapeseed oil, divided**
- **1 pound snow peas, trimmed**

1. Whisk herbs, buttermilk, mayonnaise, pinch of salt and ¼ teaspoon pepper in a small bowl. Set sauce aside.

2. Pat fish dry and sprinkle with the remaining ½ teaspoon salt and ¼ teaspoon pepper. Toss with flour in a medium bowl.

3. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the fish and cook, turning once halfway, until lightly browned on all sides and flakes easily, about 4 minutes. Transfer to a plate.

4. Add the remaining 1 tablespoon oil and snow peas to the pan. Cook, stirring, until bright green and tender, about 2 minutes. Serve with fish and the sauce. Garnish with herbs, if desired.

SERVES 4: 4 OZ. COD, ½ CUP SNOW PEAS & 1 TBSP. SAUCE EACH
CAL 270 **FAT** 13G (SAT 2G) **CHOL** 57MG **CARBS** 11G **TOTAL SUGARS** 4G (ADDED 0G) **PROTEIN** 26G **FIBER** 3G **SODIUM** 462MG **POTASSIUM** 264MG.

Spinach, Chicken Sausage & Feta Pasta

ACTIVE: 20 min **TOTAL:** 20 min

- 2 tablespoons extra-virgin olive oil
- 3 links cooked chicken sausage (9 ounces), sliced into rounds
- 1 cup diced onion
- 1 clove garlic, minced
- 1 8-ounce can no-salt-added tomato sauce
- 4 cups lightly packed baby spinach
- 6 cups cooked whole-wheat rotini pasta
- ¼ cup chopped pitted Kalamata olives
- ½ cup finely crumbled feta cheese
- ¼ cup chopped fresh basil (optional)

Heat oil in a large straight-sided skillet over medium-high heat. Add sausage, onion and garlic; cook, stirring often, until the onion starts to brown, 4 to 6 minutes. Add tomato sauce, spinach, pasta and olives; cook, stirring often, until bubbling hot and the spinach is wilted, 3 to 5 minutes. Add 1 to 2 tablespoons water, if necessary, to keep the pasta from sticking. Stir in feta and, if desired, basil.

SERVES 4: 2 CUPS EACH
CAL 487 **FAT** 20G (SAT 4G) **CHOL** 62MG **CARBS** 59G **TOTAL SUGARS** 7G (ADDED 0G) **PROTEIN** 23G **FIBER** 8G **SODIUM** 623MG **POTASSIUM** 465MG.

FORK-TASTIC SALADS

Salads have a healthy reputation, but we take them up a notch with these tricks for creating big flavor. Getting a pan involved lets hot-and-hearty ingredients play nicely with fresh-and-crispy elements for delicious results.

PECORINO ROMANO HAS A TANGIER, SALTIER TASTE THAN PARMESAN, SO JUST A BIT PROVIDES THE SALAD WITH PLENTY OF SHARP FLAVOR. YOU CAN USE PARMESAN IF THAT'S WHAT YOU HAVE ON HAND.

Bitter Greens Salad with Soppressata & Pecorino

ACTIVE: 30 min **TOTAL:** 30 min

Quickly charring radicchio adds complex flavor.

- 2 teaspoons dried oregano
- 2 tablespoons red-wine vinegar
- 1 clove garlic, grated
- 2 teaspoons honey
- ½ teaspoon Dijon mustard
- 4 tablespoons extra-virgin olive oil, divided
- 1 medium head radicchio (about 10 ounces), cut into 6 wedges
- 4 cups lightly packed chopped bitter greens, such as escarole, mustard, arugula *and/or* watercress (4 ounces)
- 2 medium tomatoes, chopped
- 2 ounces soppressata, diced (⅓ cup)
- 2 ounces chopped pickled sweet cherry peppers (⅓ cup), seeds removed
- 2 ounces grated Pecorino Romano cheese (½ cup)

1. Heat a medium skillet over medium heat. Add oregano and lightly toast, stirring frequently, until aromatic, about 1 minute. Transfer to a large bowl and add vinegar, garlic, honey and mustard. Whisk to combine. Slowly whisk in 3 tablespoons oil.

2. Heat the remaining 1 tablespoon oil in the pan over medium heat. Add radicchio and cook, flipping once, until lightly charred, 2 to 3 minutes per side. Transfer to a cutting board and let rest for 5 minutes. Coarsely chop, discarding the core.

3. Add the radicchio, greens, tomatoes, soppressata and peppers to the bowl with the dressing and toss well to combine. Sprinkle with Pecorino Romano.

SERVES 4: 2 CUPS EACH
CAL 291 **FAT** 21G (SAT 6G) **CHOL** 25MG **CARBS** 13G **TOTAL SUGARS** 7G (ADDED 3G) **PROTEIN** 11G **FIBER** 4G **SODIUM** 487MG **POTASSIUM** 536MG.

Winter Cobb Salad

ACTIVE: 20 min **TOTAL**: 55 min

This seasonal twist on Cobb salad features kale, butternut squash, and apple.

- **4 cups cubed peeled butternut squash**
- **5 tablespoons extra-virgin olive oil, divided**
- **1 teaspoon ground coriander**
- **1 teaspoon ground cumin**
- **¼ teaspoon ground cinnamon**
- **3 tablespoons red-wine vinegar**
- **1 tablespoon Dijon mustard**
- **1 tablespoon minced shallot**
- **½ teaspoon dried oregano**
- **½ teaspoon ground pepper, plus more for garnish**
- **¼ teaspoon salt**
- **10 cups coarsely chopped stemmed kale**
- **1 large crisp apple, sliced *or* chopped**
- **1 cup thinly sliced red onion**
- **2 slices cooked bacon, chopped**
- **2 hard-boiled eggs, halved**
- **1 ripe avocado, sliced**
- **¼ cup crumbled blue cheese**

1. Preheat oven to 400°F.
2. Toss squash with 1 tablespoon oil, coriander, cumin and cinnamon in a large bowl. Spread on a large rimmed baking sheet. Roast, stirring once halfway, until tender and browned, about 30 minutes. Let cool, about 10 minutes.
3. Whisk together vinegar, mustard, shallot, oregano, pepper and salt in a large bowl. Slowly whisk in the remaining 4 tablespoons oil. Add kale and toss to combine. Transfer to a serving platter and top with apple, onion, bacon, egg, avocado, cheese and the squash. Sprinkle with more pepper, if desired.

SERVES 4: ABOUT 2 CUPS EACH
CAL 452 **FAT** 33G (SAT 7G) **CHOL** 105MG **CARBS** 32G **TOTAL SUGARS** 11G (ADDED 0G) **PROTEIN** 11G **FIBER** 11G **SODIUM** 471MG **POTASSIUM** 978MG.

Salmon with Roasted Red Pepper Quinoa Salad

ACTIVE: 15 min **TOTAL**: 15 min

- 3 tablespoons extra-virgin olive oil, divided
- 1¼ pounds skin-on salmon, preferably wild, cut into 4 portions
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons red-wine vinegar
- 1 clove garlic, grated
- 2 cups cooked quinoa *(see Tip)*
- 1 cup chopped rinsed roasted red bell peppers
- ¼ cup chopped fresh cilantro
- ¼ cup chopped unsalted roasted pistachios

1. Heat 1 tablespoon oil in a large nonstick or cast-iron skillet over medium-high heat. Pat salmon dry and sprinkle the flesh with ¼ teaspoon each salt and pepper. Add to the pan, skin-side up, and cook until lightly browned, 3 to 4 minutes. Turn and cook until it's just cooked through and flakes easily with a fork, 1 to 2 minutes more. Transfer to a plate.

2. Meanwhile, whisk the remaining 2 tablespoons oil, ¼ teaspoon each salt and pepper, vinegar and garlic in a medium bowl. Add quinoa, peppers, cilantro and pistachios; toss to combine. Serve the salmon with the salad.

SERVES 4: 4 OZ. SALMON & ¾ CUP SALAD EACH

CAL 462 **FAT** 25G (SAT 4G) **CHOL** 78MG **CARBS** 25G **TOTAL SUGARS** 3G (ADDED 0G) **PROTEIN** 34G **FIBER** 4G **SODIUM** 516MG **POTASSIUM** 947MG.

TIP

Keep a package of **frozen cooked quinoa** on hand to add whole grains to dinner in a flash. Shelf-stable packets are a great choice, too, but tend to be higher in sodium, so check the label if that's a concern for you.

Golden Milk-Poached Chicken & Chickpea Salad with Broccoli

ACTIVE: 25 min **TOTAL**: 40 min
TO MAKE AHEAD: Refrigerate chicken and dressing (Steps 1 & 2) separately for up to 2 days.

Poaching chicken in turmeric-infused milk yields tender results with a golden hue. Use whole milk and don't go beyond a simmer, otherwise it may curdle.

- **2 cups whole milk**
- **1 tablespoon ground coriander**
- **1 tablespoon ground cumin**
- **1 tablespoon ground turmeric**
- **2 large cloves garlic, crushed**
- **1½ teaspoons salt, divided**
- **1 pound boneless, skinless chicken breasts, trimmed**
- **1 15-ounce can chickpeas, rinsed**
- **¼ cup extra-virgin olive oil**
- **3 tablespoons red-wine vinegar**
- **1 5-ounce package baby arugula**
- **4 cups bite-size broccoli florets**
- **¼ cup chopped fresh cilantro**

1. Whisk milk, coriander, cumin, turmeric, garlic and 1 teaspoon salt in a large saucepan. Bring to a simmer over medium heat. Add chicken and chickpeas. Adjust heat to maintain a bare simmer and cook, partially covered and turning the chicken occasionally, until an instant-read thermometer inserted in the thickest part registers 165°F, about 20 minutes.
2. Transfer the chicken to a plate and cover to keep warm. Pour the poaching liquid through a fine-mesh strainer set over a medium heatproof bowl. Transfer ¼ cup of the liquid and the garlic to a mini food processor. (Reserve the remaining liquid for another use.) Add oil, vinegar and the remaining ½ teaspoon salt. Process the dressing until smooth.
3. Slice or shred the chicken and combine in a large bowl with the chickpeas, arugula, broccoli and cilantro. Toss with the dressing.

SERVES 4: 3 CUPS EACH
CAL 371 **FAT** 19G (SAT 3G) **CHOL** 66MG **CARBS** 19G **TOTAL SUGARS** 5G (ADDED 0G) **PROTEIN** 31G **FIBER** 6G **SODIUM** 642MG **POTASSIUM** 665MG.

Everything Bagel Chicken Tenders Salad

ACTIVE: 25 min **TOTAL**: 25 min

Everything bagel spice seasons and adds crunch to breadcrumbs. If you can't find the spice blend, make your own by combining equal parts dried minced onion and garlic, poppy seeds, sesame seeds, salt and ground pepper.

- **2 tablespoons all-purpose flour**
- **1 large egg**
- **½ cup panko breadcrumbs, preferably whole-wheat**
- **1 tablespoon everything bagel seasoning**
- **1 pound chicken tenders**
- **¼ cup grapeseed oil *or* canola oil**
- **2 tablespoons extra-virgin olive oil**
- **1 tablespoon white-wine vinegar**
- **1 teaspoon Dijon mustard**
- **1 teaspoon honey**
- **⅛ teaspoon ground pepper**
- **5 ounces mixed baby greens**

1. Place flour in a shallow dish. Lightly beat egg in another shallow dish. Mix panko and everything bagel seasoning in a third shallow dish. Dredge chicken tenders in the flour, then the egg, then the panko.

2. Heat grapeseed (or canola) oil in a large skillet over medium-high heat. Add the chicken and cook, turning once, until golden brown and an instant-read thermometer registers 165°F, about 7 minutes, adjusting the heat as needed to prevent burning.

3. Whisk olive oil, vinegar, mustard, honey and pepper in a large bowl. Add greens and toss to coat. Serve the greens topped with the chicken.

SERVES 4: 3 OZ. CHICKEN & 2 CUPS SALAD EACH

CAL 394 **FAT** 25G (SAT 3G) **CHOL** 109MG **CARBS** 14G **TOTAL SUGARS** 2G (ADDED 1G) **PROTEIN** 27G **FIBER** 1G **SODIUM** 402MG **POTASSIUM** 337MG.

PLUG & PLAY

Let your slow cooker and electric pressure cooker do the work. Toss together ingredients in your favorite countertop appliances that make post-dinner cleanup a breeze.

Spiced Pork Tacos with Mango Salsa

ACTIVE: 50 min **TOTAL**: 6 hrs 50 min *or* 8 hrs 50 min
EQUIPMENT: 6-qt. slow cooker

- **2 teaspoons onion powder**
- **1½ teaspoons ground cumin**
- **1 teaspoon dried oregano**
- **1 teaspoon paprika**
- **1 teaspoon ancho chile powder**
- **½ teaspoons chipotle chile powder**
- **¼ teaspoon garlic powder**
- **2 teaspoons salt, divided**
- **3 pounds boneless pork shoulder, trimmed and cut into 1- to 2-inch pieces**
- **½ cup low-sodium chicken broth**
- **16 corn tortillas, warmed**
- **1 recipe Mango Salsa *(below)***
- **Radish slices & lime wedges for serving**

1. Combine onion powder, cumin, oregano, paprika, chile powders, garlic powder and 1½ teaspoons salt in a small bowl. Place pork in a 6-quart slow cooker. Reserve 1 teaspoon of the spice mixture; toss the pork with the remaining spice mixture. Pour broth around the pork. Cover and cook until the pork is tender, about 6 hours on High or 8 hours on Low.
2. Remove the pork and shred using two forks. Transfer to a bowl and add the reserved 1 teaspoon spice mixture and ½ cup of the cooking liquid (discard the remaining cooking liquid); toss to combine. Serve in tortillas with Mango Salsa. Serve with radish slices and lime wedges, if desired.

SERVES 8: 2 TACOS EACH
CAL 381 **FAT** 12G (SAT 4G) **CHOL** 97MG **CARBS** 37G **TOTAL SUGARS** 6G (ADDED 1G) **PROTEIN** 33G **FIBER** 4G **SODIUM** 730MG **POTASSIUM** 616MG.

REFRIGERATE COOKED PORK AND COOKING LIQUID (STEP 1) FOR UP TO 3 DAYS. REFRIGERATE SALSA FOR UP TO 8 HOURS.

Mango Salsa

Combine 1 diced **mango**, ½ diced **English cucumber**, ⅓ cup finely diced **red onion**, 3 Tbsp. minced **fresh cilantro**, 1 minced seeded **serrano pepper** (or to taste), 2 Tbsp. **orange juice**, 1 Tbsp. **red-wine vinegar** and 1 tsp. **honey** in a medium bowl. Let stand for 30 minutes.

Braised Brisket with Carrots & Prunes

ACTIVE: 30 min **TOTAL**: 2¾ hrs
EQUIPMENT: Electric pressure cooker

Inspired by tzimmes, a vegetable stew featuring dried fruit that's commonly served for the Jewish New Year, we added carrots and prunes to this brisket for a sweet-and-savory flavor.

- **2 pounds beef brisket, preferably center-cut, trimmed**
- **1 teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **1 tablespoon grapeseed oil *or* canola oil**
- **1 large sweet onion, chopped**
- **2 medium carrots, chopped**
- **2 cloves garlic, chopped**
- **2 teaspoons grated fresh ginger**
- **1 teaspoon ground coriander**
- **1 teaspoon ground cumin**
- **1 cup low-sodium beef broth**
- **½ cup chopped pitted prunes**
- **¼ cup raisins**
- **1 tablespoon tomato paste**

1. Pat brisket dry and sprinkle with ½ teaspoon salt and ¼ teaspoon pepper. Heat oil in an electric pressure cooker on Sauté mode. Add the brisket and cook, flipping once, until browned on both sides, 8 to 10 minutes. Transfer to a clean plate.

2. Add onion, carrots, garlic, ginger, coriander and cumin to the pressure cooker and cook, stirring often and scraping up any browned bits, until the vegetables start to soften, about 4 minutes. Stir in broth, prunes, raisins and tomato paste. Nestle the brisket into the sauce.

3. Close and lock the lid. Cook at high pressure for 1 hour. Let the pressure release naturally for 15 minutes. Release the remaining pressure manually. Remove the lid.

4. Transfer the brisket to a clean cutting board. Stir the remaining ½ teaspoon salt and ¼ teaspoon pepper into the sauce. Thinly slice the brisket against the grain and serve with the sauce.

SERVES 8: 3 OZ. BEEF & ¾ CUP SAUCE EACH
CAL 227 **FAT** 7G (SAT 2G) **CHOL** 71MG **CARBS** 17G **TOTAL SUGARS** 11G (ADDED 0G) **PROTEIN** 25G **FIBER** 2G **SODIUM** 415MG **POTASSIUM** 447MG.

TO USE A SLOW COOKER, BROWN THE BRISKET IN THE OIL IN A SKILLET OVER MEDIUM-HIGH HEAT, 6 TO 8 MINUTES. TRANSFER TO A 6-QUART SLOW COOKER AND STIR IN THE REMAINING INGREDIENTS (INCREASE BROTH TO 2 CUPS). COOK ON HIGH FOR 4 HOURS OR ON LOW FOR 8 HOURS.

Chicken Pita Sandwiches with Harissa Sauce

ACTIVE: 35 min **TOTAL**: 4 hrs 35 min
EQUIPMENT: 6-qt. *or* larger slow cooker

We tuck this lemon-oregano chicken into pitas with lots of fixings, but you could ditch the pita and serve it all over cooked bulgur, cauliflower rice or a bed of greens.

- Zest & juice of 1 lemon
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 3 teaspoons grated garlic, divided
- ½ teaspoon ground allspice
- ½ teaspoon kosher salt, divided
- ½ teaspoon ground pepper, divided
- 3 pounds boneless, skinless chicken thighs, trimmed
- 6 tablespoons tahini
- ¼ cup water
- 2 tablespoons harissa paste
- 8 whole-wheat pitas, warmed if desired
- Shredded romaine, diced tomatoes & slivered red onion for serving

1. Combine lemon zest and juice, cumin, oregano, 2 teaspoons garlic, allspice and ¼ teaspoon each salt and pepper in a 6-quart or larger slow cooker. Add chicken and toss to coat. Cook on Low for 4 hours.
2. Meanwhile, whisk tahini, water, harissa, the remaining 1 teaspoon garlic and ⅛ teaspoon each salt and pepper in a small bowl. Refrigerate until ready to serve.
3. Transfer the chicken to a clean cutting board and let rest for 5 minutes. Shred the chicken and toss in a bowl with ¼ cup of the juices from the slow cooker and the remaining ⅛ teaspoon each salt and pepper. Serve the chicken in pitas with the sauce and with lettuce, tomatoes and onion, if desired.

SERVES 8: 1 PITA SANDWICH EACH
CAL 530 **FAT** 20G (SAT 4G) **CHOL** 113MG **CARBS** 49G **TOTAL SUGARS** 3G (ADDED 0G) **PROTEIN** 41G **FIBER** 6G **SODIUM** 670MG **POTASSIUM** 432MG.

Peanut-Achiote Chicken & Vegetables

ACTIVE: 25 min **TOTAL**: 5 hrs 25 min *or* 8 hrs 25 min
TO MAKE AHEAD: Refrigerate for up to 3 days.
EQUIPMENT: 6-qt. slow cooker

This satisfying dish has a depth of flavor that belies its short ingredient list. Sazón seasoning typically includes coriander, cumin and oregano—look for one that also has achiote (annatto). The ground seeds of the evergreen Bixa orellana *shrub, achiote gives the dish a bright orange hue. These blends, along with jarred sofrito, can be found with other Latin ingredients at most grocery stores.*

- **1 14-ounce can fire-roasted diced tomatoes**
- **1 cup water**
- **½ cup jarred sofrito**
- **3 tablespoons crunchy natural peanut butter**
- **2 teaspoons sazón seasoning with achiote**
- **1 teaspoon ancho chile powder**
- **1 teaspoon salt**
- **1 bay leaf**
- **3 pounds bone-in chicken thighs *and/or* drumsticks, skin removed, trimmed**
- **3 medium carrots, cut into 1-inch pieces**
- **3 small russet potatoes, peeled and cut into 1-inch pieces**

1. Combine tomatoes with their juice, water, sofrito, peanut butter, sazón seasoning, chile powder, salt and bay leaf in a 6-quart slow cooker. Nestle chicken into the mixture. Add carrots and potatoes, pressing them into the mixture. Cover and cook until the chicken and vegetables are very tender, about 5 hours on High or 8 hours on Low.
2. Remove the chicken and shred with two forks; discard the bones. Stir the chicken into the stew. Discard the bay leaf.

SERVES 8: 1¼ CUPS EACH
CAL 321 **FAT** 15G (SAT 4G) **CHOL** 90MG **CARBS** 18G **TOTAL SUGARS** 4G (ADDED 0G) **PROTEIN** 28G **FIBER** 3G **SODIUM** 638MG **POTASSIUM** 593MG.

SOFRITO IS A BLEND OF ONIONS, BELL PEPPERS, TOMATOES AND GARLIC SLOWLY COOKED UNTIL MELTINGLY TENDER. STORE-BOUGHT JARRED OPTIONS WE LIKE INCLUDE MATIZ PAELLA SOFRITO AND BADIA SPANISH SOFRITO.

Smoky Pinto Bean & Kale Stew with Chicken

ACTIVE: 30 min **TOTAL**: 55 min
EQUIPMENT: Electric pressure cooker

Chipotle chile powder, made from smoked jalapeño peppers that are dried and ground, gives this stew a hint of smoky flavor.

- 1 tablespoon extra-virgin olive oil
- 1 large onion, chopped
- 4 cloves garlic, sliced
- 1 teaspoon ground cumin
- ½ teaspoon chipotle chile powder
- 1½ teaspoons salt
- 4 cups low-sodium chicken broth
- 1 pound boneless, skinless chicken breast, trimmed
- 2 15-ounce cans no-salt-added pinto beans, rinsed
- 1 large bunch kale, stemmed and torn into bite-size pieces (7 cups)
- ⅔ cup coarsely chopped fresh cilantro, plus more for garnish
- 2 tablespoons lime juice
- Lime wedges & sour cream for serving

1. Heat oil in an electric pressure cooker on Sauté mode. Add onion and cook, stirring often, until beginning to soften, about 3 minutes. Add garlic, cumin, chile powder and salt; cook, stirring, until fragrant, about 1 minute. Stir in broth, chicken and beans. Use a spoon to press all the ingredients down into the broth. Close and lock the lid. Cook at high pressure for 8 minutes. Release the pressure manually.
2. Remove the chicken and shred with two forks. Stir the chicken back into the stew along with kale, cilantro and lime juice. Garnish with more cilantro and serve with lime wedges and sour cream, if desired.

SERVES 6: ABOUT 2 CUPS EACH
CAL 237 **FAT** 4G (SAT 1G) **CHOL** 42MG **CARBS** 24G **TOTAL SUGARS** 2G (ADDED 0G) **PROTEIN** 24G **FIBER** 7G **SODIUM** 749MG **POTASSIUM** 669MG.

Fresh Toppers

Liven up chicken, seafood, vegetables, pasta, soups and more with a gremolata. Classic Gremolata, *below*, consists of chopped fresh parsley, garlic and lemon zest. Whether you go traditional or use one of the variations, each gremolata adds refreshing flavor so you don't have to reach for extra salt. Top dishes with it right before serving.

Classic Gremolata

Combine ¼ cup chopped **fresh parsley**, 2 tsp. **lemon zest**, 2 minced **garlic cloves** and ⅛ tsp. each **salt** and **ground pepper** in a small bowl. **MAKES:** *¼ cup (1 Tbsp. each)*.

Basil-Orange Gremolata

Combine 2 Tbsp. each chopped **fresh parsley** and **basil**, 1 Tbsp. **pine nuts**, 2 minced **garlic cloves**, 2 tsp. **orange zest** and ⅛ tsp. each **salt** and **crushed red pepper** in a small bowl. **MAKES:** *¼ cup (1 Tbsp. each)*.

Smoky Tomato Gremolata

Combine ¼ cup chopped **fresh oregano**, 2 Tbsp. finely chopped **sun-dried tomato** (not oil-packed), 1 Tbsp. **pine nuts**, 2 minced **garlic cloves**, 2 tsp. **lemon zest** and ⅛ tsp. each **salt**, **ground pepper** and **smoked paprika** in a small bowl. **MAKES:** *¼ cup (1 Tbsp. each).*

Pistachio-Cranberry Gremolata

Combine ¼ cup chopped **fresh parsley**, 2 Tbsp. each chopped **roasted pistachios** and **unsweetened dried cranberries**, 2 minced **garlic cloves**, 2 tsp. **lemon zest** and ⅛ tsp. each **salt** and **ground pepper** in a small bowl. **MAKES:** *¼ cup (1 Tbsp. each).*

Citrus-Hazelnut Gremolata

Combine ¼ cup chopped **fresh parsley**, 2 Tbsp. chopped **toasted hazelnuts**, 2 minced **garlic cloves**, 1½ tsp. **orange zest**, 1 tsp. **lemon zest**, ½ tsp. **lime zest** and ⅛ tsp. each **salt** and **ground pepper** in a small bowl. **MAKES:** *¼ cup (1 Tbsp. each).*

Dill-Walnut Gremolata

Combine ¼ cup chopped **fresh dill**, 2 Tbsp. chopped **toasted walnuts**, 1 Tbsp. each minced **shallot** and drained **capers**, 2 tsp. **lemon zest** and ⅛ tsp. each **salt** and **ground pepper** in a small bowl. **MAKES:** *¼ cup (1 Tbsp. each).*

Curried Pepita Gremolata

Combine ¼ cup chopped **fresh cilantro**, 2 Tbsp. each **lime juice** and **salted roasted pepitas**, 2 minced **garlic cloves**, 1 tsp. **curry powder** and ⅛ tsp. each **salt** and **ground pepper** in a small bowl. **MAKES:** *¼ cup (1 Tbsp. each).*

SPEEDY STIR-FRY

Turn to your wok or skillet when you want a veggie-packed meal in no time! Each of these saucy stir-fry recipes comes together in 30 minutes or less.

BLACK BEAN-GARLIC SAUCE PROVIDES UMAMI, SALTY, EARTHY FLAVOR NOTES. THIS THICK CONDIMENT IS MADE WITH GARLIC AND FERMENTED BLACK BEANS. FIND IT IN MOST WELL-STOCKED GROCERY STORES AND ASIAN MARKETS.

Steak & Asparagus Stir-Fry with Black Bean-Garlic Sauce

ACTIVE: 25 min **TOTAL**: 25 min

Quick-cooking skirt steak is an ideal cut for a stir-fry dish. Slice it across the grain to ensure tenderness.

- ½ cup low-sodium beef broth
- 2 tablespoons black bean-garlic sauce *or* oyster sauce
- 2 tablespoons Shaoxing rice wine *or* dry sherry
- 4 teaspoons cornstarch, divided
- 1 pound skirt *or* flank steak, trimmed and thinly sliced across the grain
- 3 tablespoons peanut oil *or* canola oil, divided
- 1 pound asparagus, trimmed and cut into 2-inch pieces
- 1 large red bell pepper, thinly sliced
- 2 scallions, thinly sliced, whites and greens separated
- 2 cloves garlic, minced

1. Whisk broth, black bean (or oyster) sauce, Shaoxing (or sherry) and 2 teaspoons cornstarch in a small bowl. Toss steak with the remaining 2 teaspoons cornstarch in a medium bowl.
2. Heat 2 tablespoons oil in a large flat-bottom wok or cast-iron skillet over medium-high heat. Add the steak and cook, stirring once, until browned, 4 to 5 minutes. Transfer to a clean plate.
3. Add the remaining 1 tablespoon oil, asparagus and bell pepper to the pan; cook, stirring occasionally, until almost tender, about 4 minutes. Stir in scallion whites and garlic; cook, stirring, until fragrant, about 30 seconds. Whisk the sauce and add it to the pan along with the steak. Cook, stirring occasionally, until the sauce thickens, about 1 minute. Sprinkle with scallion greens.

SERVES 4: 1¼ CUPS EACH
CAL 350 **FAT** 22G (SAT 5G) **CHOL** 78MG **CARBS** 12G **TOTAL SUGARS** 4G (ADDED 1G) **PROTEIN** 26G **FIBER** 3G **SODIUM** 769MG **POTASSIUM** 745MG.

CHILE-GARLIC SAUCE ISN'T ONLY FOR STIR-FRY RECIPES. USE IT AS YOU WOULD ANY HOT SAUCE—DRIZZLE OVER EGGS, SWIRL INTO A BOWL OF NOODLES OR STIR INTO A MARINADE.

Pork & Green Bean Stir-Fry

ACTIVE: 20 min **TOTAL**: 20 min

Apricot jam adds just the right amount of sweetness to balance this dish without turning the sauce into a sugar bomb. Serve with rice to round out the meal.

- ¼ cup apricot jam
- 2 tablespoons reduced-sodium tamari *or* soy sauce
- 1 tablespoon toasted sesame oil
- 2 teaspoons chile-garlic sauce
- 1 pound pork tenderloin, trimmed and cut into thin strips
- ¼ cup cornstarch
- 3 tablespoons grapeseed oil *or* avocado oil
- 12 ounces green beans, trimmed
- ¼ cup thinly sliced scallions
- 2 tablespoons toasted sesame seeds

1. Whisk together jam, tamari (or soy sauce), sesame oil and chile-garlic sauce in a small bowl. Set aside.

2. Toss pork with cornstarch in a medium bowl.

3. Heat grapeseed (or avocado) oil in a large flat-bottom wok or cast-iron skillet over medium-high heat until it shimmers. Add the pork and cook, stirring occasionally, until browned and crisp, 6 to 8 minutes. Stir in green beans and continue to cook, stirring often, until the beans are tender-crisp, 3 to 6 minutes. Add the jam mixture and cook, stirring often, until well coated, 30 to 60 seconds. Remove from heat and add scallions and sesame seeds. Toss to combine.

SERVES 4: 1½ CUPS EACH
CAL 387 **FAT** 19G (SAT 3G) **CHOL** 74MG **CARBS** 29G **TOTAL SUGARS** 12G (ADDED 11G) **PROTEIN** 27G **FIBER** 3G **SODIUM** 473MG **POTASSIUM** 686MG.

Ginger-Basil Chicken & Broccoli Stir-Fry

ACTIVE: 30 min **TOTAL**: 30 min

Serve this stir-fry over rice or rice noodles to absorb every last bit of the sauce.

- 5 tablespoons less-sodium tamari *(see Tip) or* low-sodium soy sauce, divided
- 4 tablespoons rice vinegar, divided
- 4 teaspoons cornstarch, divided
- 1 pound chicken cutlets, thinly sliced
- 4 teaspoons honey
- 2 tablespoons canola oil, divided
- 6 cloves garlic, minced
- 4 teaspoons grated fresh ginger
- 2 scallions, sliced
- 4 cups broccoli florets
- 2 tablespoons water
- 2 cups snow peas
- ½ cup packed fresh basil leaves, sliced
- Crushed red pepper for garnish

1. Whisk together 2 tablespoons tamari (or soy sauce), 1 tablespoon vinegar and 2 teaspoons cornstarch in a shallow dish. Stir in chicken and set aside.

2. Mix the remaining 3 tablespoons each tamari (or soy sauce) and vinegar, 2 teaspoons cornstarch and the honey in a small bowl; set near the stove.

3. Heat 1 tablespoon oil in a large flat-bottom wok or cast-iron skillet over high heat until shimmering. Add the chicken in a single layer and cook until golden on one side, 1 to 2 minutes. Flip and cook for 1 minute more. Transfer the chicken to a plate.

4. Add the remaining 1 tablespoon oil to the pan. Add garlic, ginger and scallions; cook, stirring, for 30 seconds. Stir in broccoli and water, quickly cover and steam for 2 minutes.

5. Add snow peas and return the chicken and any juices. Stir the reserved sauce and add to the pan. Cook, stirring frequently and scraping up any browned bits, until the sauce is thickened, 2 to 3 minutes. Remove from heat and sprinkle with basil. Garnish with crushed red pepper, if desired.

SERVES 4: 1⅓ CUPS EACH
CAL 300 **FAT** 10G (SAT 1G) **CHOL** 83MG **CARBS** 19G **TOTAL SUGARS** 9G (ADDED 6G) **PROTEIN** 31G **FIBER** 4G **SODIUM** 686MG **POTASSIUM** 676MG.

TIP

Less-sodium or "lite" tamari cuts the amount of salt per serving by 50% compared to the regular version—and without sacrificing flavor. Tamari is a great gluten-free soy sauce substitute for people with celiac disease or gluten sensitivity. However, always check labels to be sure the product you are using does not contain wheat or other gluten-containing ingredients.

Mushroom & Tofu Stir-Fry

ACTIVE: 20 min **TOTAL**: 20 min

Baked tofu has a firm, toothsome texture that crisps well in a hot pan. You can find it in flavors like teriyaki and sesame, both of which work well in this recipe. Or opt for a smoked version, which has the same texture with a more robust flavor. Serve this dish over brown rice.

- 4 tablespoons peanut oil *or* canola oil, divided
- 1 pound mixed mushrooms, sliced
- 1 medium red bell pepper, diced
- 1 bunch scallions, trimmed and cut into 2-inch pieces
- 1 tablespoon grated fresh ginger
- 1 large clove garlic, grated
- 1 8-ounce package baked tofu *or* smoked tofu, diced
- 3 tablespoons oyster sauce *or* vegetarian oyster sauce

1. Heat 2 tablespoons oil in a large flat-bottom wok or cast-iron skillet over high heat. Add mushrooms and bell pepper; cook, stirring occasionally, until soft, about 4 minutes. Stir in scallions, ginger and garlic; cook, stirring, for 30 seconds more. Transfer the vegetables to a bowl.
2. Add the remaining 2 tablespoons oil and tofu to the pan. Cook, turning once, until browned, 3 to 4 minutes. Stir in the vegetables and oyster sauce. Cook, stirring, until hot, about 1 minute.

SERVES 5: 1¼ CUPS EACH
CAL 216 **FAT** 15G (SAT 3G) **CHOL** 0MG **CARBS** 10G **TOTAL SUGARS** 4G (ADDED 0G) **PROTEIN** 12G **FIBER** 2G **SODIUM** 495MG **POTASSIUM** 402MG.

OYSTERS, SALT, SUGAR AND SOMETIMES SOY SAUCE COMBINE TO MAKE SWEET, SALTY OYSTER SAUCE. SUBSTITUTE VEGETARIAN OYSTER OR STIR-FRY SAUCE, IF DESIRED, WHICH USES MUSHROOMS INSTEAD.

Sesame Shrimp & Spinach Stir-Fry

ACTIVE: 20 min **TOTAL**: 20 min

This recipe calls for buying shrimp that's already peeled and deveined, which saves you about 10 minutes of prep time. Want this on the milder side? Swap ketchup for the chile-garlic sauce.

- **2 tablespoons toasted sesame oil**
- **1 tablespoon chile-garlic sauce**
- **1 tablespoon reduced-sodium tamari**
- **1 tablespoon honey**
- **2 teaspoons cornstarch**
- **2 teaspoons grated fresh ginger**
- **1 tablespoon avocado oil *or* canola oil**
- **1 pound peeled, deveined raw shrimp (21–25 count)**
- **1 bunch scallions, cut into 2-inch pieces**
- **1 5-ounce package baby spinach**
- **2 cups cooked brown rice**
- **1 tablespoon sesame seeds**

1. Whisk sesame oil, chile-garlic sauce, tamari, honey, cornstarch and ginger in a small bowl. Set near the stove.
2. Heat avocado (or canola) oil in a large flat-bottom wok or cast-iron skillet over high heat. Add shrimp and scallions; cook, stirring, until the shrimp turn pink, about 2 minutes. Add spinach and cook until wilted, about 30 seconds. Whisk the sauce and add it to the pan. Cook, stirring constantly, until the sauce thickens, about 1 minute.
3. Serve the shrimp and vegetables over rice and sprinkled with sesame seeds.

SERVES 4: ¾ CUP STIR-FRY & ½ CUP RICE EACH
CAL 339 **FAT** 13G (SAT 2G) **CHOL** 143MG **CARBS** 34G **TOTAL SUGARS** 6G (ADDED 4G) **PROTEIN** 20G **FIBER** 3G **SODIUM** 920MG **POTASSIUM** 285MG.

BOWLED OVER

One pan for cooking and one bowl for eating is all you need. Dig into these all-in-one balanced dishes complete with powerful protein, nutrient-packed whole grains and vibrant vegetables.

IF YOU LIKE, SWAP THE RICE FOR BROWN RICE NOODLES OR THE GREEN BEANS FOR BROCCOLI.

Orange-Ginger Chicken Bowls

ACTIVE: 30 min **TOTAL**: 40 min

- 1 pound boneless, skinless chicken thighs, trimmed and cut into bite-size pieces
- 3 tablespoons reduced-sodium tamari *or* soy sauce, divided
- Zest and juice of 1 orange
- 5 teaspoons rice vinegar, divided
- 2 teaspoons grated fresh ginger
- 2 teaspoons light brown sugar, divided
- 1 cup thinly sliced radishes
- 1 cup julienned English cucumber
- 3 tablespoons cornstarch
- 3 tablespoons peanut oil *or* canola oil
- 8 ounces trimmed green beans
- 2 cups cooked brown rice
- ¼ cup chopped unsalted roasted peanuts
- Sesame seeds & scallions for garnish

1. Stir chicken and 1 tablespoon tamari (or soy sauce) in a small bowl. Refrigerate for 20 minutes.
2. Meanwhile, whisk the remaining 2 tablespoons tamari (or soy sauce), orange zest and juice, 2 teaspoons vinegar, ginger and 1 teaspoon sugar in a small bowl. Set near the stove. Toss radishes and cucumber with the remaining 3 teaspoons vinegar and 1 teaspoon sugar in a medium bowl.
3. Sprinkle the chicken with cornstarch; toss to coat. Heat oil in a large flat-bottom wok or cast-iron skillet over medium-high heat. Add the chicken; cook, stirring often, until crispy and cooked through, 6 to 8 minutes.
4. Add the tamari mixture; cook, stirring, until well coated. Add green beans; cook, stirring frequently, until tender-crisp, about 2 minutes. Serve over rice and topped with the radish mixture and peanuts. Sprinkle with sesame seeds and scallions, if desired.

SERVES 4: 2 CUPS EACH
CAL 485 **FAT** 21G (SAT 4G) **CHOL** 107MG
CARBS 45G **TOTAL SUGARS** 7G (ADDED 2G)
PROTEIN 30G **FIBER** 5G **SODIUM** 654MG
POTASSIUM 695MG.

Toasted Coconut Shrimp & Noodle Bowls

ACTIVE: 20 min **TOTAL:** 20 min

- 8 ounces rice vermicelli noodles
- 1 pound peeled and deveined raw shrimp (31–40 count)
- 3 tablespoons reduced-sodium tamari *or* soy sauce, divided
- 2 tablespoons cornstarch
- ½ cup low-sodium chicken broth
- 2 tablespoons apricot jam
- 1 tablespoon chile-garlic sauce
- 1 teaspoon toasted sesame oil
- ½ cup unsweetened shredded coconut
- 3 tablespoons canola oil, divided
- 1 medium yellow bell pepper, thinly sliced
- 8 ounces snow peas, trimmed
- Fresh cilantro leaves for garnish

1. Prepare rice noodles according to package directions. Set aside.
2. Meanwhile, combine shrimp, 1 tablespoon tamari (or soy sauce) and cornstarch in a medium bowl.
3. Whisk broth, jam, chile-garlic sauce, sesame oil and the remaining 2 tablespoons tamari (or soy sauce) in a small bowl.
4. Add coconut and 1½ teaspoons canola oil to a large skillet or wok; cook over medium-low heat until golden, 3 to 5 minutes. Transfer to a paper-towel-lined plate.
5. Wipe out the pan. Heat 2 tablespoons canola oil over high heat until shimmering. Add the shrimp; cook, stirring occasionally, until pink, about 2 minutes. Transfer to a bowl.
6. Add the remaining 1½ teaspoons canola oil, bell pepper and snow peas to the pan and cook until tender-crisp, 2 to 3 minutes. Add the broth mixture and the shrimp; cook until well glazed, 1 to 2 minutes. Divide noodles, shrimp and vegetables among 4 bowls. Top with the coconut. Garnish with cilantro, if desired.

SERVES 4: 2 CUPS EACH
CAL 557 **FAT** 20G (SAT 7G) **CHOL** 183MG **CARBS** 65G **TOTAL SUGARS** 9G (ADDED 6G) **PROTEIN** 30G **FIBER** 4G **SODIUM** 771MG **POTASSIUM** 396MG.

FOR MORE FIBER, USE BROWN RICE VERMICELLI NOODLES.

Black Rice Banh Mi Bowls with Tofu

ACTIVE: 30 min **TOTAL**: 45 min

We took inspiration from the popular Vietnamese sandwich but lost the bun to make room for one of our favorite whole grains: black (aka forbidden) rice.

- 1 cup black rice, rinsed
- 2 cups water
- 1 teaspoon salt, divided
- 1 tablespoon toasted sesame oil
- 1 tablespoon reduced-sodium tamari
- 2 teaspoons reduced-sodium tamari *or* fish sauce
- 1 teaspoon honey
- 1 14-ounce package firm water-packed tofu, cubed
- ½ cup rice vinegar
- 1 tablespoon sugar
- 1 cup julienned carrot
- 1 cup julienned daikon radish
- ½ cup shredded red cabbage
- ¼ cup fresh mint *and/or* cilantro
- Sliced jalapeño for garnish

1. Combine rice, water and ¼ teaspoon salt in a medium saucepan. Bring to a boil over high heat. Reduce heat to maintain a gentle simmer; cover and cook until the rice is tender, about 30 minutes. Remove from heat and let stand, covered, for 5 minutes.

2. Meanwhile, mix sesame oil, tamari (or fish sauce), and honey in a large bowl. Add tofu and toss to coat. Let stand at room temperature, stirring occasionally.

3. Whisk vinegar, sugar and the remaining ¾ teaspoon salt in a medium bowl. Add carrot and daikon and let stand for 15 minutes. Drain and discard liquid.

4. Divide the rice, tofu, marinated vegetables and cabbage among 4 bowls. Top with herbs. Garnish with jalapeño, if desired.

SERVES 4: 2 CUPS EACH
CAL 323 **FAT** 11G (SAT 2G) **CHOL** 0MG **CARBS** 41G **TOTAL SUGARS** 4G (ADDED 2G) **PROTEIN** 17G **FIBER** 6G **SODIUM** 589MG **POTASSIUM** 161MG.

Crispy Rice Bowls with Fried Eggs

ACTIVE: 25 min **TOTAL**: 25 min

We topped this bowl with avocado, carrot, radishes and spinach along with eggs, but use whatever vegetables you prefer or have on hand.

- **2 teaspoons toasted sesame oil, divided**
- **2½ cups cooked brown rice**
- **½ teaspoon salt plus a pinch, divided**
- **2 tablespoons grapeseed oil *or* canola oil, divided**
- **1 teaspoon grated fresh ginger**
- **1 11-ounce package baby spinach**
- **1 tablespoon lime juice**
- **4 large eggs**
- **1 ripe avocado, sliced**
- **1 cup julienned carrot**
- **4 radishes, thinly sliced**
- **2 scallions, thinly sliced**
- **4 teaspoons Sriracha**

1. Heat 1 teaspoon sesame oil in a large nonstick skillet over medium-high heat. Add rice and sprinkle with ¼ teaspoon salt; cook, stirring occasionally, until crispy, about 10 minutes. Divide among 4 shallow bowls.
2. Add the remaining 1 teaspoon sesame oil, 1 tablespoon grapeseed (or canola) oil and ginger to the pan. Add spinach, in batches, and cook, tossing, until wilted, 2 to 3 minutes. Stir in lime juice and ¼ teaspoon salt. Divide among the rice bowls.
3. Heat the remaining 1 tablespoon grapeseed (or canola) oil in the pan. Crack eggs into it and cook until the whites are set and the edges are crispy, about 3 minutes. Sprinkle with the remaining pinch of salt. Place an egg on each rice bowl. Top with avocado, carrot, radishes, scallions and Sriracha.

SERVES 4: 1 CUP RICE & VEGETABLES & 1 EGG EACH
CAL 428 **FAT** 23G (SAT 4G) **CHOL** 186MG **CARBS** 45G **TOTAL SUGARS** 4G (ADDED 0G) **PROTEIN** 13G **FIBER** 8G **SODIUM** 627MG **POTASSIUM** 572MG.

Chicken Hummus Bowls

ACTIVE: 25 min **TOTAL**: 25 min

Crispy spiced chicken is ready in no time when you utilize the broiler. Serve with warm whole-wheat pita for scooping up the hummus at the bottom of the bowl.

- **1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces**
- **3 tablespoons extra-virgin olive oil, divided**
- **1 teaspoon ground cumin**
- **1 teaspoon paprika**
- **¼ teaspoon cayenne pepper**
- **¼ teaspoon salt, divided**
- **2 cloves garlic, finely chopped**
- **2 tablespoons lemon juice**
- **2 cups hummus**
- **1 English cucumber, halved lengthwise and sliced**
- **1 pint cherry tomatoes, halved**
- **¼ cup slivered red onion**
- **¼ cup chopped fresh parsley**

1. Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.
2. Toss chicken with 1 tablespoon oil, cumin, paprika, cayenne and ⅛ teaspoon salt. Spread evenly on the prepared pan. Broil until just cooked through, 5 to 7 minutes.
3. Meanwhile, mash garlic and the remaining ⅛ teaspoon salt into a paste with a fork. Transfer to a medium bowl and whisk in lemon juice and the remaining 2 tablespoons oil. Add the chicken and let stand for 5 minutes, stirring occasionally.
4. Divide hummus among 4 shallow bowls or plates. Top with the chicken and any remaining dressing, cucumber, tomatoes, onion and parsley.

SERVES 4: ½ CUP EACH HUMMUS, CHICKEN, TOMATOES & CUCUMBER EACH **CAL** 485 **FAT** 29G (SAT 5G) **CHOL** 104MG **CARBS** 27G **TOTAL SUGARS** 4G (ADDED 0G) **PROTEIN** 31G **FIBER** 10G **SODIUM** 712MG **POTASSIUM** 886MG.

SHEET-PAN PLAN

This do-it-all pan is the key to hands-off cooking. A couple of large rimmed baking sheets can result in a whole meal of roasty-toasty goodness.

Spiced Pomegranate Molasses Chicken Thighs

ACTIVE: 25 min **TOTAL**: 45 min

If you can't find pomegranate molasses, use 1½ tsp. each honey and pomegranate juice in its place.

- 1 lemon, scrubbed
- 1½ pounds fingerling potatoes, halved
- 4 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon salt, divided
- ¾ teaspoon ground pepper, divided
- 2¼ pounds bone-in, skin-on chicken thighs, trimmed
- 1½ tablespoons honey
- 1 tablespoon pomegranate molasses
- 1 teaspoon garam masala
- 4 cups chopped spinach
- ⅓ cup chopped walnuts, toasted
- ⅓ cup crumbled feta cheese
- Pomegranate arils for garnish

1. Preheat oven to 450°F.
2. Zest lemon into a small bowl and set aside. Cut the lemon in half and toss with potatoes, 2 tablespoons oil and ¼ teaspoon each salt and pepper on a large rimmed baking sheet.
3. Nestle chicken into the potatoes. Whisk 1 tablespoon oil, honey, pomegranate molasses, garam masala and the remaining ½ teaspoon each salt and pepper in another small bowl; brush over chicken.
4. Roast the chicken and potatoes until an instant-read thermometer inserted in the thickest part of a thigh without touching bone registers 165°F, 25 to 30 minutes.
5. Transfer the chicken to a serving platter. Sprinkle spinach on top of the potatoes; toss until wilted. Juice the hot lemons into the bowl with the lemon zest. Stir in the remaining 1 tablespoon oil, walnuts and feta; spoon over the vegetables. Serve the vegetables with the chicken; garnish with pomegranate arils, if desired.

SERVES 4: 3 OZ. CHICKEN & 1¼ CUPS VEGETABLES EACH
CAL 737 **FAT** 45G (SAT 10G) **CHOL** 205MG **CARBS** 44G **TOTAL SUGARS** 10G (ADDED 6G) **PROTEIN** 42G **FIBER** 7G **SODIUM** 738MG **POTASSIUM** 639MG.

Roasted Rosemary Salmon with Asparagus & Potatoes

ACTIVE: 20 min **TOTAL**: 30 min

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons minced garlic
- 1¼ pounds Yukon Gold potatoes, cut into 1-inch pieces
- 1 teaspoon salt, divided
- ¾ teaspoon ground pepper, divided
- 1 pound asparagus, trimmed
- 4 5-ounce skinless salmon fillets, preferably wild
- 1 lemon, half thinly sliced, half cut into wedges
- 2 tablespoons balsamic glaze
- ½ teaspoon whole-grain mustard

1. Preheat oven to 425°F.
2. Stir oil, rosemary and garlic in a small bowl. Place potatoes in a large bowl and toss with 1 tablespoon of the oil mixture and ½ teaspoon each salt and pepper. Arrange the potatoes in an even layer on a large rimmed baking sheet. Roast until lightly browned and tender, about 20 minutes. Push the potatoes to one end of the pan.
3. Place asparagus in the large bowl and toss with 1 tablespoon of the oil mixture, ¼ teaspoon salt and ⅛ teaspoon pepper. Arrange the asparagus on other end of the baking sheet. Roast for 3 minutes.
4. Brush salmon with the remaining 1 tablespoon oil mixture and sprinkle with the remaining ¼ teaspoon salt and ⅛ teaspoon pepper. Place the salmon in the center of the pan. Tuck lemon slices around the salmon and vegetables. Roast for 5 minutes.
5. Whisk balsamic glaze and mustard in a small bowl; brush 1 tablespoon on the salmon. Roast until the salmon is cooked through and the vegetables are tender, about 5 minutes more. Drizzle the vegetables with the remaining sauce. Serve with lemon wedges.

SERVES 4: 4 OZ. SALMON, 2 OZ. ASPARAGUS & ⅔ CUP POTATOES EACH **CAL** 400 **FAT** 16G (SAT 3G) **CHOL** 66MG **CARBS** 34G **TOTAL SUGARS** 6G (ADDED 0G) **PROTEIN** 33G **FIBER** 4G **SODIUM** 711MG **POTASSIUM** 683MG.

Sheet-Pan Steak Fajitas

ACTIVE: 30 min **TOTAL**: 45 min

- 2 tablespoons extra-virgin olive oil
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 1 pound flank steak, trimmed
- 4 cups sliced onions
- 2 cups sliced bell peppers
- 2 cups sliced poblano peppers
- 8 6-inch corn tortillas, warmed
- ½ cup guacamole
- Chopped fresh cilantro for garnish
- Lime wedges for serving

1. Position racks in upper and lower thirds of oven and place a large rimmed baking sheet on each; preheat to 500°F.

2. Combine oil, chili powder, garlic powder, cumin and salt in a large bowl. Rub steak with half of the mixture. Add onions, bell peppers and poblanos to the bowl and toss to coat. Carefully place the steak on one hot pan; return to the top rack. Carefully spread the vegetables on the other hot pan; return to the lower rack. Roast until the steak and vegetables are starting to brown, about 8 minutes.

3. Flip the steak and stir the vegetables. Turn the broiler to high and broil until the steak reaches desired doneness (an instant-read thermometer inserted in the thickest part will register 120°F for medium-rare) and the vegetables are charred, about 6 minutes more. Transfer the steak to a cutting board and let rest for 5 minutes.

4. Slice the steak across the grain and serve in tortillas with the vegetables and guacamole. Garnish with cilantro and serve with lime wedges, if desired.

SERVES 4: 2 FAJITAS EACH
CAL 495 **FAT** 23G (SAT 6G) **CHOL** 92MG **CARBS** 35G **TOTAL SUGARS** 10G (ADDED 0G) **PROTEIN** 37G **FIBER** 8G **SODIUM** 394MG **POTASSIUM** 746MG.

PREHEATED SHEET PANS ALLOW THE MEAT TO SEAR JUST LIKE IN A SKILLET.

Spaghetti Squash Nests with Sausage, Mushrooms & Tomatoes

ACTIVE: 15 min **TOTAL**: 55 min

Cutting spaghetti squash into horizontal rings instead of in half lengthwise not only cuts down on cooking time but also makes for a fun presentation.

- **1 large (2½- to 3-pound) spaghetti squash**
- **3 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon ground pepper, divided**
- **¼ teaspoon salt, divided**
- **1 cup sliced mushrooms**
- **1 cup halved cherry tomatoes**
- **2 links cooked Italian chicken sausage (about 6 ounces total), sliced**
- **4 teaspoons balsamic vinegar**
- **4 teaspoons grated Parmesan cheese**
- **Fresh basil leaves for garnish**

1. Preheat oven to 425°F.
2. Trim squash ends and cut the squash crosswise into 4 equal rounds. Scoop out the seeds and discard. Place the rounds on a rimmed baking sheet; drizzle with 2 tablespoons oil and sprinkle with ¼ teaspoon pepper and ⅛ teaspoon salt.
3. Combine mushrooms, tomatoes, sausage and the remaining 1 tablespoon oil, ¼ teaspoon pepper and ⅛ teaspoon salt in a medium bowl. Spread in an even layer around the squash.
4. Roast until the squash is tender, 30 to 40 minutes.
5. With a fork, shred the squash in the center of the rings into long strands. Divide the mushrooms, tomatoes and sausage among the squash nests. Drizzle with vinegar and sprinkle with Parmesan. Garnish with basil, if desired.

SERVES 4: 1 NEST EACH
CAL 260 **FAT** 16G (SAT 3G) **CHOL** 34MG **CARBS** 21G **TOTAL SUGARS** 9G (ADDED 0G) **PROTEIN** 11G **FIBER** 4G **SODIUM** 462MG **POTASSIUM** 429MG.

Honey-Sesame Turkey Meatloaves with Broccolini

ACTIVE: 25 min **TOTAL**: 45 min

- ½ small onion, coarsely chopped
- ½ medium red bell pepper, coarsely chopped
- 2 cloves garlic, smashed and peeled
- 1 1-inch piece peeled fresh ginger, coarsely chopped
- 3 tablespoons peanut oil, divided
- 2 bunches broccolini, trimmed
- 1 bunch scallions, trimmed
- ½ teaspoon salt, divided
- 1 large egg, lightly beaten
- ⅓ cup panko breadcrumbs
- 1 tablespoon reduced-sodium soy sauce plus 2 teaspoons, divided
- 1 pound lean ground turkey
- 1 tablespoon honey
- 2 teaspoons toasted sesame oil
- 2 teaspoons sesame seeds

1. Position racks in upper and lower thirds of oven; preheat to 425°F. Coat one large rimmed baking sheet with cooking spray and line another one with foil.

2. Combine onion, bell pepper, garlic and ginger in a mini food processor. Pulse until very finely chopped. Heat 1 tablespoon peanut oil in a small skillet over medium heat. Add the onion mixture; cook, stirring occasionally, until softened, about 5 minutes. Spread on a plate and let cool for 5 minutes.

3. Meanwhile, toss broccolini and scallions with the remaining 2 tablespoons peanut oil and ¼ teaspoon salt on the sprayed baking sheet. Spread in an even layer.

4. Add egg, panko, 1 tablespoon soy sauce and the remaining ¼ teaspoon salt to the onion mixture; mix well. Add turkey; mix until combined. Shape the mixture into four 2-by-4-inch loaves; place on the foil-lined pan.

5. Roast the meatloaves on the top rack and the vegetables on the bottom rack until an instant-read thermometer inserted in the center of a loaf registers 165°F and the vegetables are tender, 15 to 20 minutes. Remove both pans from the oven.

6. Preheat broiler to high. Combine honey, sesame oil, sesame seeds and the remaining 2 teaspoons soy sauce in a small bowl. Brush the meatloaves with the mixture. Broil on the top rack until lightly browned on top, 1 to 2 minutes.

SERVES 4: 1 MEATLOAF & 1¼ CUPS VEGETABLES EACH
CAL 379 **FAT** 21G (SAT 4G) **CHOL** 130MG
CARBS 21G **TOTAL SUGARS** 8G (ADDED 4G)
PROTEIN 29G **FIBER** 3G **SODIUM** 672MG
POTASSIUM 724MG.

Apricot-Curry Glazed Chicken with Potatoes & Asparagus

ACTIVE: 15 min **TOTAL**: 45 min

- 1¾ pounds bone-in chicken thighs, skin removed, trimmed
- ¾ teaspoon salt, divided
- ¼ teaspoon ground pepper
- 12 ounces baby potatoes, halved
- 4 teaspoons extra-virgin olive oil, divided
- ¼ cup apricot jam
- 2 teaspoons mustard seeds, toasted
- 1 teaspoon minced peeled fresh ginger
- 1 teaspoon curry powder
- 1 pound asparagus, trimmed
- ¼ cup chopped fresh cilantro
- Lime wedges for serving

1. Preheat oven to 450°F. Line a large rimmed baking sheet with foil. Arrange chicken on pan. Sprinkle with ¼ teaspoon salt and pepper.

2. Toss potatoes with 2 teaspoons oil and ¼ teaspoon salt in a medium bowl. Spread around the chicken. Roast for 15 minutes.

3. Meanwhile, combine jam, mustard seeds, ginger and curry powder in a small bowl. Toss asparagus with the remaining 2 teaspoons oil and ¼ teaspoon salt in the medium bowl.

4. After the first 15 minutes of roasting, stir the potatoes and add the asparagus to the pan in a single layer. Top the chicken with the jam mixture. Continue roasting until the vegetables are tender and an instant-read thermometer inserted in the thickest part of the chicken without touching bone registers 165°F, 15 to 18 minutes more. Sprinkle the chicken and vegetables with cilantro. Serve with lime wedges, if desired.

SERVES 4: 3 OZ. CHICKEN & ¾ CUP VEGETABLES EACH
CAL 382 **FAT** 15G (SAT 3G) **CHOL** 151MG **CARBS** 29G **TOTAL SUGARS** 9G (ADDED 8G) **PROTEIN** 32G **FIBER** 3G **SODIUM** 564MG **POTASSIUM** 455MG.

Tarragon Drumsticks with Roasted Cauliflower & Potato Salad

ACTIVE: 20 min **TOTAL**: 40 min

If you don't have any cornichons on hand, pickles or relish will work.

- 1 medium russet potato, cut into 1-inch pieces
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 pounds chicken drumsticks
- 3 teaspoons dried tarragon, divided
- 4 cups cauliflower florets
- 2 tablespoons mayonnaise
- 2 tablespoons chopped cornichons
- 1 tablespoon minced shallot
- 2 teaspoons whole-grain mustard

1. Position racks in upper and lower thirds of oven; preheat to 450°F. Coat a rimmed baking sheet with cooking spray.

2. Toss potato, 1 tablespoon oil and ¼ teaspoon each salt and pepper in a large bowl. Spread on the prepared pan. Add chicken; sprinkle with 2 teaspoons tarragon and the remaining ¼ teaspoon each salt and pepper.

3. Roast the chicken and potatoes on the bottom rack for 15 minutes. Stir cauliflower into the potatoes. Continue roasting until an instant-read thermometer inserted in the thickest part of a drumstick without touching bone registers 165°F and the vegetables are tender, about 15 minutes more. Move the pan to the upper rack and turn the broiler to high. Broil until the chicken starts to brown, about 3 minutes.

4. Meanwhile, whisk mayonnaise, cornichons, shallot and mustard with the remaining 1 tablespoon oil and 1 teaspoon tarragon in the bowl.

5. Add the vegetables and any pan drippings to the dressing; toss to coat. Serve the chicken with the salad.

SERVES 4: 3 OZ. CHICKEN & 1 CUP SALAD EACH

CAL 353 **FAT** 19G (SAT 3G) **CHOL** 139MG **CARBS** 16G **TOTAL SUGARS** 2G (ADDED 0G) **PROTEIN** 29G **FIBER** 3G **SODIUM** 586MG **POTASSIUM** 858MG.

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TOSSING THE ROASTED CAULIFLOWER AND POTATOES WITH THE DRESSING WHILE THEY'RE STILL HOT COATS THEM WITH FLAVOR.

PLANT SLANT

Put veggies in the center of the pan in these plant-focused meals. Meat eaters and herbivores alike will devour these recipes.

OPTING FOR REDUCED-FAT COCONUT MILK INSTEAD OF FULL-FAT COCONUT MILK IN THIS RECIPE ADDS PLENTY OF RICHNESS WHILE CUTTING DOWN ON SATURATED FAT GRAMS. TOO MUCH SATURATED FAT CAN BE DETRIMENTAL TO HEART HEALTH.

Coconut Curried Chickpeas

ACTIVE: 30 min **TOTAL**: 30 min

Here, coconut milk adds creaminess while keeping the dish vegan. Serve over basmati rice or with a side of naan.

- 2 tablespoons extra-virgin olive oil
- 1 small white onion, finely diced
- 2 teaspoons minced fresh ginger
- 1 clove garlic, minced
- 2 teaspoons garam masala
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon salt plus a pinch, divided
- ¼ cup tomato paste
- 1 14-ounce can reduced-fat *or* light coconut milk
- 1 15-ounce can no-salt-added chickpeas, rinsed
- 1 tablespoon lemon juice
- Chopped fresh cilantro for garnish

1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until soft and starting to brown, 3 to 4 minutes. Stir in ginger, garlic, garam masala, cumin, coriander and ¼ teaspoon salt; cook, stirring, for 1 minute. Add tomato paste and cook, stirring, for 30 seconds. Stir in coconut milk and bring to a simmer. Cook, stirring occasionally, until slightly thickened, about 5 minutes. Remove from heat.

2. Puree the sauce with an immersion blender or in a regular blender until smooth. (Use caution when pureeing hot liquids.) Return the sauce to the pot, if necessary, and add chickpeas, lemon juice and the remaining pinch of salt. Sprinkle with cilantro, if desired.

SERVES 4: ABOUT ¾ CUP EACH
CAL 303 **FAT** 20G (SAT 12G) **CHOL** 0MG **CARBS** 24G **TOTAL SUGARS** 7G (ADDED 0G) **PROTEIN** 7G **FIBER** 5G **SODIUM** 480MG **POTASSIUM** 435MG.

Chickpea Dumplings in Curried Tomato Sauce

ACTIVE: 30 min **TOTAL**: 45 min

Inspired by dharan ji kadhi, a dish served in Pakistan, Afghanistan and India, we stud the tender chickpea-flour dumplings with chiles and greens. Serve with naan.

- 1 cup plus 2 tablespoons chickpea flour
- 4 cups finely chopped mustard greens *or* spinach, divided
- ⅓ cup canola oil plus 2 tablespoons, divided
- ¼ cup finely chopped red onion
- ¼ cup whole-milk plain yogurt
- ¼ cup finely chopped serrano pepper *or* jalapeño pepper
- ½ teaspoon salt plus ⅛ teaspoon, divided
- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 1 tablespoon curry powder
- 1 tablespoon minced fresh ginger
- 1 15-ounce can no-salt-added petite diced tomatoes
- 1 15-ounce can no-salt-added tomato sauce

1. Mix flour, ½ cup greens, ⅓ cup oil, onion, yogurt, serrano (or jalapeño) and ½ teaspoon salt in a large bowl. Shape into 16 dumplings.
2. Heat the remaining 2 tablespoons oil in a large skillet over medium-high heat. Add coriander, cumin and mustard seeds; cover and cook until they start to pop, about 30 seconds. Stir in curry powder, ginger, tomatoes, tomato sauce and the remaining 3½ cups greens and ⅛ teaspoon salt. Bring to a simmer.
3. Nestle the dumplings in the sauce, cover and cook, turning and basting the dumplings occasionally, until tender, about 20 minutes.

SERVES 4: 4 DUMPLINGS & ¾ CUP SAUCE EACH
CAL 454 **FAT** 29G (SAT 2G) **CHOL** 2MG **CARBS** 41G **TOTAL SUGARS** 13G (ADDED 0G) **PROTEIN** 12G **FIBER** 13G **SODIUM** 438MG **POTASSIUM** 805MG.

Crispy Pea Fritter Salad

ACTIVE: 35 min **TOTAL**: 35 min

We mashed together peas, fresh mint and lemon zest with bread-crumbs to make small pan-fried cakes perfect for topping a salad.

- **1 cup sugar snap peas, trimmed and thinly sliced**
- **¾ cup low-fat plain Greek yogurt**
- **2 tablespoons crumbled feta cheese plus ¼ cup, divided**
- **2 tablespoons chopped fresh dill**
- **Zest and juice of 1 lemon, divided, plus more zest for garnish**
- **¾ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **1 10-ounce package frozen peas, thawed**
- **2 large eggs, lightly beaten**
- **¾ cup panko breadcrumbs**
- **3 tablespoons all-purpose flour**
- **2 tablespoons chopped fresh mint, plus ¼ cup leaves**
- **1 clove garlic, grated**
- **¼ cup extra-virgin olive oil**
- **8 cups mixed greens *and/or* pea shoots**
- **1 cup thinly sliced cucumber**
- **1 cup thinly sliced radishes**

1. Mix snap peas, yogurt, 2 tablespoons feta, dill, lemon juice and ¼ teaspoon each salt and pepper in a medium bowl. Set aside.

2. Coarsely mash thawed peas in a medium bowl. Mash and stir in eggs, panko, flour, chopped mint, garlic, lemon zest and ¼ teaspoon each salt and pepper.

3. Heat oil in a large nonstick skillet over medium-high heat. Using ¼ cup of the pea mixture for each, shape four 3-inch-wide fritters and transfer to the pan. Cook until crispy, adjusting heat if necessary to prevent burning, about 3 minutes per side. Transfer the fritters to a paper-towel-lined plate and sprinkle with ⅛ teaspoon salt. Repeat with the remaining pea mixture and ⅛ teaspoon salt.

4. Combine greens (and/or pea shoots), cucumber, radishes and mint leaves in a large bowl. Add ½ cup of the reserved sauce and toss to coat. Top the salad with the remaining ¼ cup feta and the fritters. Serve with the remaining sauce. Garnish with lemon zest, if desired.

SERVES 4: 2 CUPS SALAD, 2 FRITTERS & 2 TBSP. SAUCE EACH
CAL 413 **FAT** 22G (SAT 6G) **CHOL** 112MG **CARBS** 37G **TOTAL SUGARS** 8G (ADDED 0G) **PROTEIN** 18G **FIBER** 7G **SODIUM** 739MG **POTASSIUM** 754MG.

Edamame-Burger Lettuce Wraps with Peanut Sauce

ACTIVE: 30 min **TOTAL**: 30 min
TO MAKE AHEAD: Prepare burgers (Steps 1–2) and refrigerate for up to 1 day before cooking.

Edamame (green soybeans) make these veggie burgers mean, green protein machines. Peanut sauce, curry paste and quick-pickled carrots add Thai-inspired flair.

- **1 cup julienned carrots**
- **3 tablespoons lime juice, divided**
- **2 teaspoons chile-garlic sauce, divided**
- **1½ cups frozen shelled edamame, thawed**
- **1 cup cooked brown rice**
- **½ cup peanut butter powder *(see Tip) or* ¼ cup smooth natural peanut butter, divided**
- **¼ cup chopped scallions**
- **1 tablespoon red Thai curry paste**
- **3 tablespoons peanut oil, divided**
- **2 tablespoons reduced-sodium tamari, divided**
- **4 leaves Bibb lettuce**
- **1 cup thinly sliced red onion**

1. Toss carrots with 2 tablespoons lime juice and 1 teaspoon chile-garlic sauce. Set aside.
2. Combine edamame, rice, ¼ cup peanut butter powder (or 2 tablespoons peanut butter), scallions, curry paste and 1 tablespoon each oil and tamari in a food processor. Pulse, scraping down the sides as needed, until coarsely chopped. Shape the mixture into four 4-inch-wide burgers.
3. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium heat. Add the burgers and cook, turning once, until well browned, 3 to 4 minutes per side. Transfer to a plate.
4. Meanwhile, whisk the remaining ¼ cup peanut butter powder (or 2 tablespoons peanut butter), 1 tablespoon each lime juice and tamari and 1 teaspoon chile-garlic sauce in a small bowl until smooth.
5. Drain the carrots and add the marinade to the peanut sauce; whisk to combine. Serve the burgers in lettuce leaves with the carrots, the sauce and onion.

SERVES 4: 1 BURGER WRAP & GENEROUS 1 TBSP. SAUCE EACH
CAL 310 **FAT** 15G (SAT 2G) **CHOL** 0MG **CARBS** 32G **TOTAL SUGARS** 5G (ADDED 0G) **PROTEIN** 15G **FIBER** 8G **SODIUM** 793MG **POTASSIUM** 473 MG.

TIP

With the consistency of flour, **peanut butter powder** helps bind this veggie burger so it doesn't fall apart. As with peanut butter, look for a brand with little or no added sugar.

Vegetable Bourguignon

ACTIVE: 35 min **TOTAL**: 50 min

Carrots and parsnips mingle with meaty mushrooms in this vegetarian spin on the classic French beef stew. Feel free to substitute other root vegetables, such as rutabaga and turnip. Serve over whole-wheat pasta and top with chopped parsley or chives.

- **3 tablespoons butter, divided**
- **1 tablespoon extra-virgin olive oil**
- **2 stalks celery, sliced**
- **1 cup chopped parsnip (½-inch)**
- **1 cup chopped carrot (½-inch)**
- **1 pound mixed mushrooms, halved**
- **1 large shallot, minced**
- **3 cloves garlic, minced**
- **1 bay leaf**
- **½ teaspoon dried thyme**
- **¾ teaspoon salt, divided**
- **¾ teaspoon ground pepper, divided**
- **2 tablespoons tomato paste**
- **1 tablespoon all-purpose flour**
- **1½ cups dry red wine**
- **¼ cup cognac *or* brandy**
- **1½ cups low-sodium vegetable *or* mushroom broth**
- **1½ cups frozen pearl onions, thawed**

1. Heat 2 tablespoons butter and oil in a large pot over medium-high heat. Add celery, parsnip and carrot; cook, stirring occasionally, until the vegetables start to soften, about 4 minutes. Reduce heat to medium and add mushrooms, shallot, garlic, bay leaf, thyme and ½ teaspoon each salt and pepper. Cook, stirring, until the mushrooms soften, about 5 minutes.

2. Stir in tomato paste; cook for 30 seconds. Sprinkle flour over the vegetables and cook, stirring, for 30 seconds more. Add wine and cognac (or brandy); increase heat to medium-high and cook, scraping up any browned bits, until the liquid is reduced by about half, 2 to 3 minutes.

3. Add broth and bring to a boil. Reduce heat to maintain a simmer, partially cover and cook until the vegetables are tender, about 10 minutes. Stir in onions. Return to a simmer and cook, stirring occasionally, for 5 minutes.

4. Remove from heat and stir in the remaining 1 tablespoon butter and ¼ teaspoon each salt and pepper.

SERVES 5: ABOUT 1 CUP EACH
CAL 267 **FAT** 10G (SAT 5G) **CHOL** 18MG **CARBS** 23G **TOTAL SUGARS** 8G (ADDED 0G) **PROTEIN** 4G **FIBER** 4G **SODIUM** 492MG **POTASSIUM** 898MG.

What's in a Name?

Here's how different veggie-centric diets are defined:

VEGETARIAN: This diet includes animal products such as dairy and eggs but excludes meat, poultry, fish and seafood. Lacto vegetarians include dairy but not eggs, while ovo vegetarians include eggs but not dairy.

FLEXITARIAN: This diet emphasizes eating foods from plants the majority of the time but does not exclude meat, poultry, fish, seafood, dairy or eggs.

PESCATARIAN: Fish and seafood are included in this diet, as are eggs and dairy. Meat and poultry are excluded.

VEGAN: All products made by and from animals are excluded.

PLANT-BASED: Depends on who you ask! This eating pattern can vary. To some this means the same as "flexitarian." However, some vegans prefer to use this term to describe a diet that excludes all products made by and from animals, and to use the term vegan to describe a lifestyle, not a diet.

No-Cook Sauces

Add bold flavor without relying on excess salt or turning on the stove. Whiz together these ingredients in a blender or food processor, then top or drizzle away.

Pesto

Combine 3 cups firmly packed **fresh basil leaves**, ⅔ cup each **walnuts** and grated **Parmesan cheese**, ½ cup **extra-virgin olive oil**, 4 quartered **garlic cloves**, ½ tsp. **salt** and ¼ tsp. **ground pepper** in a blender or food processor. Cover and puree until nearly smooth.

MAKES: *1¼ cups (1 Tbsp. each)*

Chimichurri

Combine 1⅓ cups packed **fresh flat-leaf parsley**, ½ cup roughly chopped **shallots**, 2 Tbsp. each **fresh oregano**, **red-wine vinegar** and **extra-virgin olive oil**, 1 Tbsp. **lemon juice**, 3 halved **garlic cloves**, ¼ tsp. **salt** and ⅛ tsp. **crushed red pepper** in a blender or food processor. Cover and puree until nearly smooth. Refrigerate for at least 2 hours before serving.

MAKES: *¾ cup (1 Tbsp. each)*

Thai-Inspired Peanut Sauce

Combine ¼ cup **smooth natural peanut butter**, 2 Tbsp. **reduced-sodium soy sauce**, 1 Tbsp. each **rice vinegar** and **lime juice**, 2 halved **garlic cloves**, 2 tsp. each grated **fresh ginger** and **sesame oil** and 1 tsp. each **Sriracha** and **honey** in a blender or food processor. Cover and puree until smooth. With the motor running, gradually add 2 to 3 Tbsp. **water** to reach desired consistency.

MAKES: *¾ cup (1 Tbsp. each)*

TIP

To store these sauces, refrigerate in an airtight container for up to 2 days. Or, to freeze, spoon 1 Tbsp. sauce into each compartment of a standard ice cube tray; freeze until firm, about 4 hours. Transfer the cubes to a freezer bag and freeze for up to 3 months. Thaw at room temperature before using.

Romesco Sauce

Combine one 14.5-oz. can drained **fire-roasted diced tomatoes**, one 10-oz. jar drained **roasted red peppers**, ½ cup toasted **slivered almonds**, ¼ cup **red-wine vinegar**, 3 halved **garlic cloves**, 1 Tbsp. each chopped **fresh flat-leaf parsley** and **extra-virgin olive oil** and ⅛ tsp. **cayenne pepper** in a blender or food processor. Cover and puree until nearly smooth.

MAKES: *2¾ cups (1 Tbsp. each)*

SKILLET SPECIALS

Cook dinner all together on the stovetop or pop the pan into the oven for a bubbly bake. Either way, these skillet meals are sure to be a hit.

Salmon Cakes with Arugula Salad

ACTIVE: 35 min **TOTAL**: 35 min

After making the salmon cakes, firm them up for 5 minutes in the freezer before cooking so they hold together when they hit the hot oil.

- **1 pound salmon, preferably wild, skinned**
- **2 tablespoons lemon juice, divided**
- **2 teaspoons Dijon mustard, divided**
- **½ cup finely chopped yellow bell pepper**
- **1 tablespoon finely chopped shallot**
- **½ teaspoon ground pepper, divided**
- **½ cup panko breadcrumbs**
- **½ cup crème fraîche *or* sour cream**
- **¼ cup buttermilk**
- **3 tablespoons chopped fresh dill**
- **½ teaspoon salt, divided**
- **2 tablespoons extra-virgin olive oil**
- **1 5-ounce package arugula**
- **1 cup sliced radishes**

1. Coarsely chop salmon and place half in a food processor. Add 1 tablespoon lemon juice and 1 teaspoon mustard. Process, scraping down the sides as necessary, until smooth. Add the remaining salmon, bell pepper, shallot and ¼ teaspoon pepper; pulse until the mixture is combined but still chunky.

2. Transfer the salmon mixture to a medium bowl. Add panko and stir until combined. Form into 4 cakes, about 4 inches wide each, and place on a plate. Freeze for 5 minutes.

3. Meanwhile, whisk crème fraîche (or sour cream), buttermilk, dill and ¼ teaspoon salt with the remaining 1 tablespoon lemon juice, 1 teaspoon mustard and ¼ teaspoon pepper in a large bowl. Set aside ¼ cup of the dressing for drizzling.

4. Heat oil in a large cast-iron or nonstick skillet over medium-high heat. Add the salmon cakes and cook, flipping once, until well browned and cooked through, 2 to 3 minutes per side. Transfer to a clean plate and sprinkle with the remaining ¼ teaspoon salt.

5. Add arugula and radishes to the dressing in the large bowl. Toss to coat. Serve the salmon cakes on top of the salad, drizzled with the reserved ¼ cup dressing.

SERVES 4: 1 SALMON CAKE & 1½ CUPS SALAD EACH
CAL 424 **FAT** 27G (SAT 9G) **CHOL** 97MG **CARBS** 14G **TOTAL SUGARS** 4G (ADDED 0G) **PROTEIN** 30G **FIBER** 2G **SODIUM** 494MG **POTASSIUM** 923MG.

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CRÈME FRAÎCHE IS A FRENCH FERMENTED CREAM THAT'S THICK AND SOUR. THOUGH SIMILAR TO SOUR CREAM, IT IS RICHER AND LESS TANGY. USE LEFTOVERS TO MAKE CREAMY SAUCES OR TO TOP FRESH FRUIT

DON'T CHUCK THE GREENS GRACING A FENNEL BULB. KNOWN AS FRONDS, THEY BRIGHTEN THIS ULTRA-QUICK DINNER. IF YOUR BULB DOESN'T HAVE FRONDS, SUB IN FRESH DILL.

Mahi-Mahi with Spicy Tomato-Fennel Sauce

ACTIVE: 20 min **TOTAL**: 20 min

- **4 tablespoons extra-virgin olive oil, divided**
- **1 large bulb fennel, cored and thinly sliced, plus ¼ cup chopped fronds for garnish**
- **2 cloves garlic, sliced**
- **¼–½ teaspoon crushed red pepper**
- **⅛ teaspoon salt**
- **⅓ cup dry white wine**
- **½ cup seafood stock *or* fish stock**
- **1 pint cherry tomatoes, halved**
- **⅓ cup pitted Kalamata olives, halved**
- **1¼ pounds mahi-mahi fillets, cut into 4 portions**

1. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add fennel, garlic, crushed red pepper to taste and salt. Cook, stirring occasionally, until softened and beginning to brown, about 4 minutes. Add wine and cook, stirring, until almost evaporated, about 1 minute. Add stock, tomatoes and olives.

2. Nestle mahi-mahi into the sauce. Adjust heat to maintain a lively simmer. Partially cover and cook 4 minutes. Flip the fish and continue cooking until the tomatoes are softened and the fish is opaque in the center, 4 to 6 minutes more.

3. Drizzle the fish with the remaining 2 tablespoons oil. Sprinkle with fennel fronds, if desired.

SERVES 4: 4 OZ. FISH & ¾ CUP SAUCE EACH

CAL 474 **FAT** 20G (SAT 3G) **CHOL** 228MG **CARBS** 9G **TOTAL SUGARS** 4G (ADDED 0G) **PROTEIN** 59G **FIBER** 3G **SODIUM** 639MG **POTASSIUM** 1,707MG.

Chicken with Coconut-Curry Pan Sauce

ACTIVE: 20 min **TOTAL**: 20 min

Coconut milk's creamy consistency is perfect for making quick pan sauces—no need to add a thickener.

- **2 tablespoons grapeseed oil, divided**
- **1 pound chicken cutlets**
- **1 14-ounce can light coconut milk**
- **1 tablespoon brown sugar**
- **1 tablespoon red Thai curry paste**
- **1 tablespoon lime juice**
- **2 cups cooked quinoa**
- **Chopped fresh cilantro for garnish**

1. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken, in batches if necessary, and cook, flipping once, until browned and cooked through, 1 to 3 minutes per side. Transfer to a plate.

2. Remove pan from heat. Whisk the remaining 1 tablespoon oil, coconut milk, brown sugar, curry paste and lime juice in the pan. Cook over high heat, stirring occasionally, until reduced by half, 5 to 10 minutes. Serve the chicken with quinoa and the sauce. Garnish with cilantro, if desired.

SERVES 4: 3 OZ. CHICKEN, ½ CUP QUINOA & 3 TBSP. SAUCE EACH
CAL 387 **FAT** 17G (SAT 6G) **CHOL** 65MG **CARBS** 27G **TOTAL SUGARS** 4G (ADDED 3G) **PROTEIN** 32G **FIBER** 3G **SODIUM** 195MG **POTASSIUM** 168MG.

Roasted Chicken Thighs with Pear-Mustard Sauce

ACTIVE: 25 min **TOTAL**: 45 min

Pear mostarda—a sweet, spicy and fruity Italian condiment—inspired the sauce in this recipe. Using both Dijon mustard and mustard seeds provides a bit of bite and an extra pop of texture.

- **1 tablespoon extra-virgin olive oil**
- **2 pounds bone-in, skin-on chicken thighs**
- **½ teaspoon ground pepper, divided**
- **¼ teaspoon salt plus ⅛ teaspoon, divided**
- **2 firm ripe Bartlett pears, sliced**
- **1 cup low-sodium chicken broth**
- **½ cup port *or* sherry**
- **1 tablespoon Dijon mustard**
- **2 teaspoons mustard seeds**
- **2 tablespoons cider vinegar**
- **1 tablespoon cornstarch**
- **1 tablespoon light brown sugar**
- **Chopped fresh parsley for garnish**

1. Preheat oven to 450°F.
2. Heat oil in a large cast-iron or other oven-proof skillet over medium-high heat. Pat chicken dry and sprinkle with ¼ teaspoon each pepper and salt. Add the chicken to the pan, skin-side down, and cook, flipping once, until golden brown, about 4 minutes per side. Transfer to a plate.
3. Add pears to the pan and cook, stirring occasionally, until starting to soften, 2 to 4 minutes. Add broth, port (or sherry), mustard and mustard seeds; bring to a simmer. Return the chicken, skin-side up, and any juices to the pan.
4. Transfer the pan to the oven. Roast the chicken until an instant-read thermometer inserted in the thickest part without touching bone registers 165°F, 15 to 20 minutes. Transfer the chicken to a plate.
5. Return the pan to the stove (careful, the handle is hot!) and bring the sauce to a simmer over medium heat. Mix vinegar and cornstarch in a small bowl and add to the sauce. Cook, stirring, until thickened, about 1 minute. Stir in brown sugar and the remaining ¼ teaspoon pepper and ⅛ teaspoon salt. Serve the chicken with the sauce. Garnish with parsley, if desired.

SERVES 4: 3 OZ. CHICKEN & ABOUT ⅔ CUP SAUCE EACH
CAL 348 **FAT** 13G (SAT 3G) **CHOL** 142MG **CARBS** 20G **TOTAL SUGARS** 13G (ADDED 3G) **PROTEIN** 28G **FIBER** 3G **SODIUM** 443MG **POTASSIUM** 436MG.

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SERVE THIS DISH WITH ROASTED VEGETABLES, SUCH AS BROCCOLI RABE OR ACORN SQUASH.

Skillet Beef & Vegetable Potpie with Buttermilk Biscuits

ACTIVE: 45 min **TOTAL:** 1 hr

- 1 tablespoon extra-virgin olive oil
- 1 pound lean ground beef
- 4 cloves garlic, minced
- 1 tablespoon Dijon mustard
- 1 teaspoon salt, divided
- 1 14-ounce bag frozen pearl onions
- 1 13-ounce bag frozen peas
- 1 cup diced carrots
- 3 tablespoons white whole-wheat flour plus 1 cup, divided
- 3 cups low-sodium beef broth
- ½ cup chopped fresh parsley, plus more for garnish
- ½ teaspoon baking powder
- 4 tablespoons cold unsalted butter (½ stick), cut into ¼-inch pieces
- ½ cup buttermilk

1. Preheat oven to 400°F.

2. Heat oil in a large oven-proof skillet over medium-high heat. Add beef and cook, breaking it up with a wooden spoon, until browned and cooked through, 4 to 7 minutes. Add garlic, mustard and ¾ teaspoon salt; cook, stirring, for 1 minute. Stir in onions, peas and carrots; cook, stirring frequently, until the vegetables are hot, about 4 minutes. Sprinkle the mixture with 3 tablespoons flour; cook, stirring, 1 minute. Add broth and cook, stirring occasionally, until the mixture is slightly thickened, about 10 minutes more. Stir in parsley.

3. Meanwhile, combine the remaining 1 cup flour, baking powder and the remaining ¼ teaspoon salt in a medium bowl. Rub butter into the flour to create a coarse mixture. Stir in buttermilk and mix until just combined. Place heaping tablespoonfuls of the batter on top of the beef mixture to make 12 biscuits.

4. Transfer the pan to the oven. Bake until the biscuits are golden brown and cooked through, 15 to 18 minutes. Garnish with more parsley, if desired.

SERVES 6: 1½ CUPS EACH
CAL 420 **FAT** 19G (SAT 9G) **CHOL** 72MG **CARBS** 36G **TOTAL SUGARS** 9G (ADDED 0G) **PROTEIN** 25G **FIBER** 7G **SODIUM** 688MG **POTASSIUM** 689MG.

USING AN OVEN-PROOF SKILLET (LIKE CAST-IRON) ALLOWS YOU TO TAKE THIS POTPIE FROM STOVETOP TO OVEN WITHOUT DIRTYING EXTRA PANS.

Lemon-Garlic Steak & Green Beans

ACTIVE: 20 min **TOTAL**: 20 min

Here, we cook green beans in the pan used to sear the spiced steak. All those delicious drippings add richness to the beans, plus there's one less pan to wash!

- **1 tablespoon grapeseed oil *or* canola oil**
- **3 cloves garlic, grated, divided**
- **1 teaspoon paprika**
- **½ teaspoon chili powder**
- **½ teaspoon salt, divided**
- **1 pound boneless strip steak, trimmed**
- **2 tablespoons lemon juice**
- **2 tablespoons water**
- **1 pound green beans, trimmed**

1. Combine oil, half of the garlic, paprika, chili powder and ¼ teaspoon salt in a small bowl. Rub the mixture on steak. Heat a large skillet over medium heat. Add the steak and cook, flipping occasionally and adjusting the heat as necessary to prevent smoking, until an instant-read thermometer inserted in the thickest part registers 135°F for medium-rare, 10 to 12 minutes. Transfer to a clean cutting board and let rest.

2. Add lemon juice and water to the pan; scrape up any browned bits. Stir in green beans, the remaining garlic and ¼ teaspoon salt. Cover and cook until the beans are tender-crisp, about 5 minutes more.

3. Slice the steak against the grain and serve with the green beans.

SERVES 4: 3 OZ. STEAK & ¾ CUP GREEN BEANS EACH

CAL 215 **FAT** 9G (SAT 2G) **CHOL** 61MG **CARBS** 10G **TOTAL SUGARS** 4G (ADDED 0G) **PROTEIN** 24G **FIBER** 3G **SODIUM** 354MG **POTASSIUM** 555MG.

Scallops, Carrots & Asparagus with Olive-Caper Pan Sauce

ACTIVE: 20 min **TOTAL**: 20 min

Petite carrots are harvested before they reach full maturity, making them thin and quick-cooking.

- **2 tablespoons extra-virgin olive oil, divided**
- **8 ounces dry sea scallops, tough side muscle removed**
- **Pinch of ground pepper**
- **8 ounces asparagus (½ bunch), trimmed**
- **6 ounces petite carrots, trimmed, *or* baby carrots, halved lengthwise**
- **1 medium shallot, minced**
- **5 pitted Castelvetrano olives, coarsely chopped**
- **1 tablespoon capers, rinsed and chopped**
- **1 clove garlic, minced**
- **¼ cup dry white wine**
- **1 tablespoon butter**
- **Chopped fresh parsley for garnish**

1. Heat 1 tablespoon oil in a medium nonstick skillet over medium-high heat. Pat scallops dry and sprinkle with pepper. Add the scallops to the pan and cook, flipping once, until browned and just cooked through, 1½ to 2 minutes per side. Transfer to a plate.

2. Add the remaining 1 tablespoon oil, asparagus and carrots to the pan and cook, stirring frequently, until tender-crisp, 2 to 3 minutes. Add shallot, olives, capers and garlic; cook, stirring, until fragrant, about 1 minute. Add wine and cook 1 minute. Remove from heat and add butter; stir until melted. Serve with the scallops. Garnish with parsley, if desired.

SERVES 2: 3 OZ. SCALLOPS & 1 CUP VEGETABLES EACH
CAL 384 **FAT** 22G (SAT 6G) **CHOL** 42MG **CARBS** 24G **TOTAL SUGARS** 9G (ADDED 0G) **PROTEIN** 18G **FIBER** 6G **SODIUM** 750MG **POTASSIUM** 856MG.

COMFORT IN A BOWL

Soups and stews are the original one-pan meals. Get out a big pot or Dutch oven and simmer up one of these classics, or try our modern takes on traditional recipes.

Chicken & Hominy Stew with Greens

ACTIVE: 25 min **TOTAL:** 40 min

We like the bitter bite of mustard greens in this slightly spicy stew, but any dark leafy green will work.

- 1 pound boneless, skinless chicken thighs, trimmed
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 1 bunch mustard greens *or* collard greens, stemmed and coarsely chopped
- 4 cups low-sodium chicken broth
- 1 15-ounce can hominy, rinsed
- ½ cup tomatillo salsa
- 1 cup shredded red cabbage
- ¼ cup reduced-fat sour cream
- Lime wedges for serving

1. Pat chicken dry and sprinkle with coriander and cumin. Heat oil in a large pot over medium heat. Add the chicken and cook, flipping once, until browned on both sides, 6 to 7 minutes total. Transfer to a clean plate.
2. Add onion and garlic to the pot; cook, stirring occasionally, until tender, 3 to 4 minutes. Add greens; cook, stirring, until wilted, about 1 minute. Add broth, hominy and the chicken and its juices. Bring to a simmer. Adjust heat to maintain a simmer, cover and cook until the chicken is very tender, about 15 minutes.
3. Remove the chicken and shred with two forks. Return to the pot; stir in salsa. Serve the stew topped with cabbage, sour cream and, if desired, lime wedges.

SERVES 4: ABOUT 2 CUPS EACH
CAL 431 **FAT** 20G (SAT 5G) **CHOL** 81MG
CARBS 32G **TOTAL SUGARS** 7G (ADDED 0G)
PROTEIN 32G **FIBER** 8G **SODIUM** 566MG
POTASSIUM 964MG.

HOMINY IS MADE BY REMOVING THE TOUGH HULL AND GERM FROM DRIED CORN, LEAVING BEHIND A FIBER-PACKED KERNEL THAT ADDS CHEWY, SCRUMPTIOUS TEXTURE TO THIS CHICKEN STEW. FIND CANNED HOMINY AT THE GROCERY STORE NEAR THE BEANS.

Tomato & White Bean Soup with Shrimp

ACTIVE: 25 min **TOTAL**: 45 min

With capers and olives, this soup draws inspiration from Italian puttanesca sauce. Serve with whole-grain crusty bread to soak up the broth.

- **3 tablespoons extra-virgin olive oil**
- **1 pound raw shrimp (26–30 count), peeled and deveined**
- **1 teaspoon ancho chile powder**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **1 medium onion, diced**
- **3 cloves garlic, minced**
- **¼ teaspoon crushed red pepper**
- **1 28-ounce can no-salt-added whole peeled tomatoes**
- **2 cups unsalted chicken broth**
- **1 14-ounce can no-salt-added white beans**
- **2 ounces small whole-wheat pasta, such as orzo**
- **¼ cup pitted Kalamata olives, chopped**
- **2 tablespoons capers, rinsed and chopped**
- **Chopped fresh parsley for garnish**

1. Heat oil in a large pot over medium-high heat. Add shrimp and sprinkle with chile powder and ¼ teaspoon each salt and pepper. Cook, stirring occasionally, until just cooked through, about 3 minutes. Remove with a slotted spoon to a plate.

2. Add onion and the remaining ¼ teaspoon each salt and pepper to the pan. Cook, stirring often, until translucent, 3 to 4 minutes. Stir in garlic and crushed red pepper; cook until fragrant, about 30 seconds. Add tomatoes and broth; bring to a boil. Adjust heat to maintain a simmer, cover and cook for 10 minutes.

3. Roughly mash the tomatoes with a potato masher, leaving some chunks. Stir in beans and mash some, leaving most whole. Return to a boil over high heat. Add pasta and cook, uncovered and stirring occasionally, until the pasta is just tender, 8 to 10 minutes.

4. Stir in the shrimp, olives and capers. Serve the soup topped with parsley, if desired.

SERVES 6: 1¼ CUPS EACH
CAL 266 **FAT** 11G (SAT 2G) **CHOL** 90MG **CARBS** 23G **TOTAL SUGARS** 3G (ADDED 0G) **PROTEIN** 19G **FIBER** 5G **SODIUM** 496MG **POTASSIUM** 619MG.

Creamy Queso Chili

ACTIVE: 25 min **TOTAL**: 40 min
TO MAKE AHEAD: Prepare through Step 1; refrigerate for up to 3 days or freeze for up to 3 months. Reheat before continuing.
EQUIPMENT: Electric pressure cooker

This mashup of the classic cheesy dip chile con queso with the beans and vegetables of a chili is the best of both worlds.

- **1 tablespoon extra-virgin olive oil**
- **1 large bell pepper, chopped**
- **½ large onion, diced**
- **2 cloves garlic, chopped**
- **1½ teaspoons chili powder**
- **½ teaspoon ground cumin**
- **1 15-ounce can no-salt-added pinto beans, rinsed**
- **1 15-ounce can no-salt-added diced tomatoes with green chiles**
- **1 cup low-sodium vegetable broth**
- **½ teaspoon salt**
- **1 cup shredded Mexican-style cheese blend**
- **2 ounces reduced-fat cream cheese, cubed**
- **1 tablespoon lime juice, plus wedges for serving**
- **Tortilla chips & chopped fresh cilantro for garnish**

1. Heat oil in an electric pressure cooker set to Sauté mode. Add bell pepper, onion and garlic; cook, stirring occasionally, until softened, about 3 minutes. Add chili powder and cumin; cook, stirring, until fragrant, about 1 minute. Stir in beans, tomatoes, broth and salt. Close and lock the lid. Cook on high pressure for 10 minutes. Carefully release the pressure manually.
2. Mix shredded cheese and cream cheese into the chili, stirring until melted and smooth. Stir in lime juice. Top with tortilla chips and cilantro and serve with lime wedges, if desired.

SERVES 4: 1½ CUPS EACH
CAL 304 **FAT** 15G (SAT 7G) **CHOL** 37MG **CARBS** 26G **TOTAL SUGARS** 6G (ADDED 0G) **PROTEIN** 15G **FIBER** 8G **SODIUM** 601MG **POTASSIUM** 697MG.

Beef & Sweet Potato Coconut Curry

ACTIVE: 45 min **TOTAL**: 45 min

A tender cut of beef like sirloin or rib-eye won't get tough as it simmers away in the stew. Serve with rice noodles, if you like.

- **1 pound sirloin *or* boneless rib-eye steak, trimmed and cut into 1-inch pieces**
- **1 teaspoon ground cumin**
- **½ teaspoon ground coriander**
- **1¼ teaspoons salt, divided**
- **½ teaspoon ground pepper, divided**
- **2 tablespoons canola oil, divided**
- **1 medium red onion, chopped**
- **3 cups cremini mushrooms, halved**
- **1 medium sweet potato, peeled and cut into ½-inch pieces**
- **2 cloves garlic, minced**
- **1 tablespoon curry powder**
- **2 cups unsalted beef broth**
- **1 14-ounce can coconut milk**
- **4 cups packed chopped kale**
- **Chopped fresh cilantro & lime wedges for serving**

1. Toss beef with cumin, coriander, ½ teaspoon salt and ¼ teaspoon pepper in a medium bowl. Heat 1 tablespoon oil in a large pot over medium-high heat. Add the beef and cook, stirring occasionally, until browned on all sides, about 3 minutes. Transfer to a plate.

2. Add the remaining 1 tablespoon oil, onion and mushrooms to the pot. Cook, stirring occasionally, until the vegetables start to soften, 2 to 3 minutes. Add sweet potato, garlic and curry powder; cook, stirring, for 30 seconds. Add broth and scrape up any browned bits. Stir in the beef and any juices, coconut milk and the remaining ¾ teaspoon salt and ¼ teaspoon pepper. Bring to a boil. Reduce heat to maintain a simmer, partially cover and cook until the sweet potatoes are almost tender, about 7 minutes.

3. Stir in kale and cook until the vegetables are tender, 5 to 8 minutes more. Serve with cilantro and lime wedges, if desired.

SERVES 6: 1⅓ CUPS EACH
CAL 310 **FAT** 22G (SAT 14G) **CHOL** 39MG **CARBS** 11G **TOTAL SUGARS** 3G (ADDED 0G) **PROTEIN** 19G **FIBER** 3G **SODIUM** 579MG **POTASSIUM** 769MG.

Clam & Corn Chowder

ACTIVE: 30 min **TOTAL**: 45 min

Clam and corn chowder is a staple in New England during the summer months. Here, we make it healthier—and faster—than the traditional cream-laden version, but just as luscious.

- **2 ears corn, husked**
- **2 strips bacon, chopped**
- **2 tablespoons butter**
- **2 cups diced onion**
- **1 cup diced celery**
- **3 cloves garlic, minced**
- **2 sprigs fresh thyme, plus leaves for garnish**
- **1 bay leaf**
- **⅓ cup white whole-wheat flour**
- **3 6.5-ounce cans chopped clams, drained, juices reserved**
- **2 cups clam juice**
- **4 cups diced waxy potatoes, such as yellow *or* red**
- **2 cups whole milk**
- **½ teaspoon ground pepper**
- **⅛ teaspoon salt**

1. Cut kernels from corn cobs. Reserve the cobs.

2. Add the corn kernels and bacon to a large pot. Cook over medium-high heat, stirring occasionally, until the bacon is crisp and the corn starts to brown, about 6 minutes. Using a slotted spoon, transfer the bacon and corn to a small bowl.

3. Add butter, onion, celery, garlic, thyme and bay leaf to the pot. Reduce heat to medium and cook, stirring occasionally, until the vegetables are soft, about 3 minutes. Sprinkle flour over the vegetables and cook, stirring, for 1 minute. Stir in juices from the cans, clam juice and the reserved corncobs. Cook, stirring occasionally, until thickened, 1 to 2 minutes. Add potatoes and bring to a boil. Reduce heat to maintain a simmer; cover and cook until the potatoes are tender, 12 to 15 minutes. Discard the corncobs, thyme and bay leaf.

4. Stir in clams, milk, pepper and salt. Add half of the reserved bacon and corn. Cook, stirring, until hot, 1 to 2 minutes. Serve topped with the remaining bacon and corn and with additional thyme, if desired.

SERVES 6: 1½ CUPS EACH
CAL 344 **FAT** 11G (SAT 5G) **CHOL** 97MG **CARBS** 43G **TOTAL SUGARS** 9G (ADDED 0G) **PROTEIN** 23G **FIBER** 5G **SODIUM** 798MG **POTASSIUM** 896MG.

RECIPE INDEX

	45 MIN OR LESS	CALORIES	FAT/SAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)	LOW-CAL	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE
BEEF & LAMB											
76 Beef & Sweet Potato Coconut Curry	■	310	22/14	11	3	579	■				■
30 Braised Brisket with Carrots & Prunes		227	7/2	17	2	415	■	■			■
70 Lemon-Garlic Steak & Green Beans	■	215	9/2	10	3	354	■	■			■
18 Seared Steak with Crispy Herbs & Escarole	■	244	12/2	10	8	394	■	■			■
51 Sheet-Pan Steak Fajitas	■	495	23/6	35	8	394	■				■
69 Skillet Beef & Vegetable Potpie with Buttermilk Biscuits		420	19/9	36	7	688	■				
37 Steak & Asparagus Stir-Fry with Black Bean-Garlic Sauce	■	350	22/5	12	3	769	■	■			
BREAKFAST											
12 Big-Batch Eggs Formula	■	210	14/5	2	0	467	■				
11 Breakfast Salad with Smoked Salmon & Poached Eggs	■	439	35/6	18	6	475	■				■
9 Egg-in-a-Hole Fried Quinoa	■	342	20/4	29	5	455	■	■	■		
10 Leek & Goat Cheese Spanish Tortilla		429	27/7	31	3	549	■		■		■
7 One-Bowl Whole-Wheat Mini Muffins	■	45	1/0	8	1	32	■	■	■		
8 Pumpkin-Pie English Muffin Bake		219	2/1	44	5	370		■	■		
FISH & SEAFOOD											
77 Clam & Corn Chowder	■	344	11/5	43	5	798	■	■			■
20 Crispy Cod with Snow Peas & Herb Sauce	■	270	13/2	11	3	462	■	■			
66 Mahi-Mahi with Spicy Tomato-Fennel Sauce	■	474	20/3	9	3	639	■	■			■
40 Mushroom & Tofu Stir-Fry	■	216	15/3	10	2	495	■	■			
50 Roasted Rosemary Salmon with Asparagus & Potatoes	■	400	16/3	34	4	711	■	■			■
65 Salmon Cakes with Arugula Salad	■	424	27/9	14	2	494	■				
25 Salmon with Roasted Red Pepper Quinoa Salad	■	463	25/4	25	4	516	■	■			■
71 Scallops, Carrots & Asparagus with Olive-Caper Pan Sauce	■	384	22/6	24	6	750	■	■			■
41 Sesame Shrimp & Spinach Stir-Fry	■	339	13/2	34	3	920	■	■			■
44 Toasted Coconut Shrimp & Noodle Bowls	■	557	20/7	65	4	771	■				■
74 Tomato & White Bean Soup with Shrimp	■	266	11/2	23	5	496	■	■			
MEATLESS MAINS											
45 Black Rice Banh Mi Bowls with Tofu	■	323	11/2	41	6	589	■	■	■		■
16 Cauliflower Tikka Masala with Chickpeas	■	268	16/9	26	7	673	■		■		■
58 Chickpea Dumplings in Curried Tomato Sauce	■	454	29/2	41	13	438	■	■	■		■
57 Coconut Curried Chickpeas	■	303	20/12	24	5	480	■		■	■	■
75 Creamy Queso Chili	■	304	15/7	26	8	601	■		■		■
59 Crispy Pea Fritter Salad	■	413	22/6	37	7	739	■		■		
46 Crispy Rice Bowls with Fried Eggs	■	428	23/4	45	8	627	■	■	■		■
60 Edamame-Burger Lettuce Wraps with Peanut Sauce	■	216	15/3	10	2	495	■	■	■	■	■
15 Spinach & Artichoke Dip Pasta	■	371	9/4	56	8	550	■	■	■		
61 Vegetable Bourguignon		267	10/5	23	4	492	■	■	■		
POULTRY											
54 Apricot-Curry Glazed Chicken with Potatoes & Asparagus	■	382	15/3	29	3	564	■	■			■
73 Chicken & Hominy Stew with Greens	■	431	20/5	32	8	566	■	■			■
47 Chicken Hummus Bowls	■	485	29/5	27	10	712	■	■			■
31 Chicken Pita Sandwiches with Harissa Sauce		530	20/4	49	6	670	■	■			
17 Chicken with Basil Butter & Shishito Peppers	■	265	17/6	5	2	381	■	■			■
67 Chicken with Coconut-Curry Pan Sauce	■	387	17/6	27	3	195	■	■			■
27 Everything Bagel Chicken Tenders Salad	■	394	25/3	14	1	402	■	■			
39 Ginger-Basil Chicken & Broccoli Stir-Fry	■	300	10/1	19	4	686	■	■			■
26 Golden Milk-Poached Chicken & Chickpea Salad with Broccoli	■	371	19/3	19	6	642	■	■			■
53 Honey-Sesame Turkey Meatloaves with Broccolini	■	379	21/4	21	3	672	■	■			

	45 MIN OR LESS	CALORIES	FAT/SAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)	LOW-CALORIE	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE
19 Lemon-Garlic Chicken with Green Beans	■	296	16/2	11	4	652	■	■			■
43 Orange-Ginger Chicken Bowls	■	485	21/4	45	5	654	■	■			■
32 Peanut-Achiote Chicken & Vegetables		321	15/4	18	3	638	■	■			
68 Roasted Chicken Thighs with Pear-Mustard Sauce	■	348	13/3	20	3	443	■	■			■
33 Smoky Pinto Bean & Kale Stew with Chicken		237	4/1	24	7	749	■	■			■
52 Spaghetti Squash Nests with Sausage, Mushrooms & Tomatoes		260	16/3	21	4	462	■	■			
49 Spiced Pomegranate Molasses Chicken Thighs	■	737	45/10	44	7	738					■
21 Spinach, Chicken Sausage & Feta Pasta	■	487	20/4	59	8	623	■	■			
55 Tarragon Drumsticks with Roasted Cauliflower & Potato Salad	■	353	19/3	16	3	586	■	■			■
PORK											
23 Bitter Greens Salad with Soppressata & Pecorino	■	291	21/6	13	4	487	■				■
38 Pork & Green Bean Stir-Fry	■	387	19/3	29	3	473	■	■			■
29 Spiced Pork Tacos with Mango Salsa		381	12/4	37	4	730	■	■			■
24 Winter Cobb Salad		452	33/7	32	11	471	■				■
SAUCES & TOPPERS											
34 Basil-Orange Gremolata	■	19	2/0	1	0	74	■	■	■	■	■
63 Chimichurri	■	28	2/0	2	1	53	■	■	■	■	■
35 Citrus-Hazelnut Gremolata	■	27	2/0	2	1	75	■	■	■	■	■
34 Classic Gremolata	■	4	0	1	0	75	■	■	■	■	■
35 Curried Pepita Gremolata	■	27	2/0	2	0	95	■	■	■	■	■
35 Dill-Walnut Gremolata	■	29	2/0	2	1	124	■	■	■	■	■
62 Pesto	■	87	9/2	2	1	107	■		■		■
35 Pistachio-Cranberry Gremolata	■	38	2/0	5	1	76	■	■	■	■	■
63 Romesco Sauce	■	32	2/0	2	1	82	■	■	■	■	■
35 Smoky Tomato Gremolata	■	10	0/0	2	0	75	■	■	■	■	■
63 Thai-Inspired Peanut Sauce	■	44	3/1	3	0	96	■	■	■		

KEY TO RECIPE INDEX COLUMNS

More information at eatingwell.com/go/guidelines

45 MIN OR LESS:
A recipe's start-to-finish time.

LOW-CALORIE:
Entrees have ≤375 calories per serving; combination meals (protein plus starch or vegetable) have ≤575 calories; desserts have ≤225 calories per serving; side dishes, muffins and breads have ≤200 calories per serving; dips and salsas have ≤100 calories per serving.

HEART-HEALTHY:
Recipes have limited saturated fat. Entrees have ≤3 g saturated fat per serving (seafood entrees have ≤4 g); combination meals (protein plus starch or vegetable) have ≤5 g (seafood ≤6 g); side dishes, muffins, breads and desserts have ≤2 g saturated fat per serving; dips and salsas have ≤1 g.

VEGETARIAN:
Meatless or includes meatless options.

VEGAN:
No animal products. Check the labels of ingredients to make sure they don't contain hidden sources of animal products.

GLUTEN-FREE:
Does not include wheat, rye, barley or oats. Check the labels of ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

SPECIAL EatingWell EDITION

One-Pan

Recipes to Simplify Dinner

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